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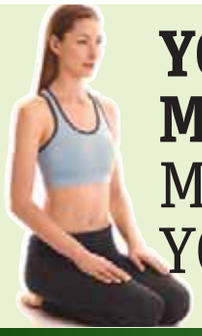

YOGA FOR THE MORNING AFTER
MOVES TO COMBAT YOUR HANGOVER

{page 22}

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TORONTO metro®
Tuesday, August 23, 2011
www.metronews.ca
News worth sharing.

Libya

Nowhere to be found

Libyan Leader Moammar Gadhafi's whereabouts still unknown Mood in Tripoli one of mixed emotion {page 8}

Waking up from its sleep

NASA's humanoid robot awakens in space after a year in slumber {page 10}

Message of hope

NDP Leader Jack Layton spent final days perfecting letter to Canadians
State funeral for beloved political figure to be held in Toronto on Saturday

NATHAN DENETTE/THE CANADIAN PRESS

▶ Federal NDP Leader Jack Layton died yesterday morning after a battle with cancer. Here, Layton and his wife, MP Olivia Chow, watch returns in 2008 at his election night headquarters in Toronto.

On his deathbed, NDP Leader Jack Layton was a busy man. He had something to say to Canadians — and he would get it right before he died.

Just three days ago he was at his Toronto home with his wife, Olivia Chow, national president Brian Topp and chief-of-staff, Anne McGrath, perfecting a letter to Canadians to be released after his death.

"Walk me through that part again," Layton kept saying, asking them to repeat a word or a phrase of the letter he had insisted on preparing.

Over and over, they went through it, with Layton persistent in his desire for a pitch-perfect letter. He would settle for nothing less.

No one could have known the letter would be released so very soon, only two days later — even if Layton probably knew death was close by.

But no one should be surprised by his tenacity. He was, after all, Jack Layton.

TORSTAR NEWS SERVICE

More coverage {pages, 3 & 6}

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Brampton
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Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
2585 Skymark Ave.
3024 Hurontario St.
6200 Dixie Rd.
34 Bristol Rd. E
4920 Tomken Rd.
Oakville
Oakville Place
RioCan Burloak
18 - 2501 Third Line
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Pacific Mall
Newmarket
Upper Canada Mall
1100 Gorham St.
Richmond Hill
Hillcrest Shopping Centre
11005 Yonge St.
Thornhill
Promenade Mall
7040 Yonge St. (Galleria)
7378 Yonge St.
Vaughan
Vaughan Mills
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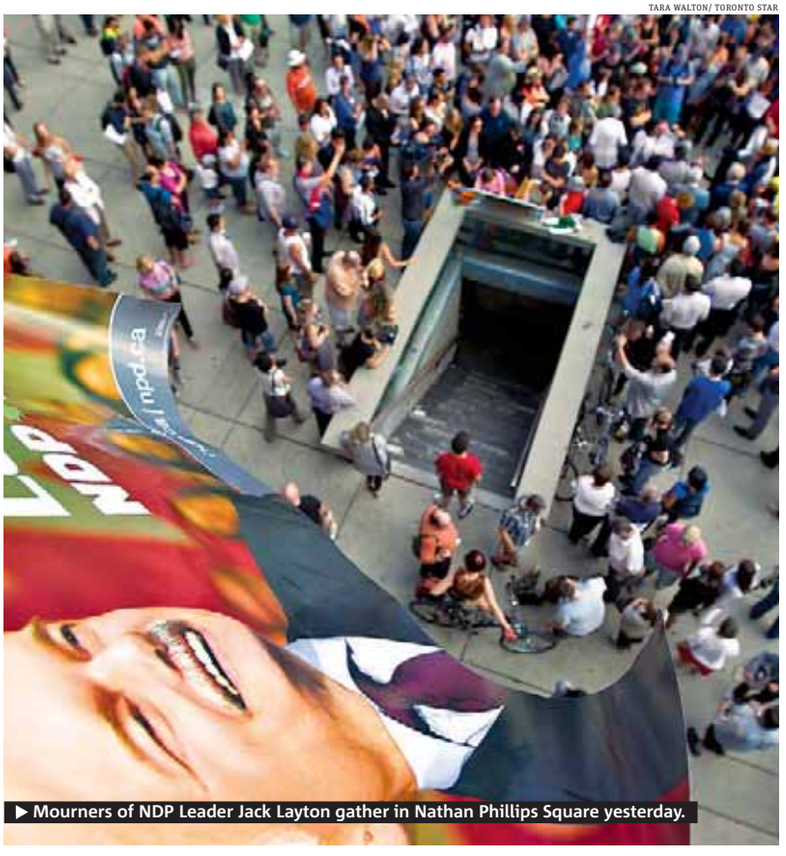
City mourns death of a 'giant'

Flowers and tributes laid at home, constituency office of NDP leader
Residents mourn unexpected loss

TARA WALTON/ TORONTO STAR



▶ Mourners of NDP Leader Jack Layton gather in Nathan Phillips Square yesterday.

At the downtown Toronto home Jack Layton and Olivia Chow shared and at Layton's Danforth constituency office, the pile of flowers grew steadily yesterday, many of them NDP orange.

William Todd, wearing a black suit on his way to work, stopped at the constituency office with a bouquet of orange flowers and lit a candle.

Todd said he'd often see Layton on Saturdays on the Danforth, "not being a politician," playing a guitar and talking to people.

"They'll have to close the street down," he said about the growing display of tributes.

Layton, who led his party to Official Opposition status in this year's federal election, died early Monday after a battle with cancer. He was 61.

Jon Brown, who lives in the Toronto-Danforth riding, grabbed a stubby piece of light purple chalk from his children and walked to Layton's constituency office.

Silently, the man with salt and pepper hair bent over and wrote on the sidewalk, in capital letters, "THANKS JACK."

Brown walked away and tossed the stub into a flower bed, visibly upset.

"Jack was a giant," he said after collecting himself. "This is a huge loss."

Other people came to lay sunflowers, black-eyed Susans and carnations, as the news of his death spread.

Ed Chee, 40, had earlier driven to the red brick building on Broadview Avenue and dropped off orange carnations and a sympathy card. Inside he wrote about how proud he was of Layton.

"It's rare to be proud of a politician," he said.

As streetcars stopped to let off passengers at Dundas Ave., traffic bottlenecked.

Outside Jack Layton's Toronto home on Monday morning, his neighbour, Ted Hawkins, laid a single red rose on his doorstep.

"He was someone you could have a beer with. He was a very down to earth person," Hawkins said of Layton, adding that he's shared a beer with the NDP leader before.

"It's hard to accept," he said of the news. "I guess I didn't expect him to go so fast, I guess I kind of shared his optimism a little bit. It's kind of infectious."

TORSTAR NEWS SERVICE

Condolences

- Councillor Pam McConnell confirmed she spoke with a House of Commons official who said a state funeral will be held Saturday in Toronto. The current plan is to hold it at Roy Thomson Hall.
- McConnell said she is working with city hall officials to ensure the overflow crowd will be able to be accommodated at the adjacent David Pecaut Park.
- The family put a book of condolences on Layton and Chow's front porch with the message, "Thank you for stopping by. Please leave us a message."
- Messages of condolence can also be sent to Layton's family through his son Michael Layton at councillor_layton@toronto.ca or c/o Councillor Michael Layton, C-47, Toronto City Hall, M5H 2N2.

Did rigorous campaign weaken Jack?

The physical and mental stress of the gruelling spring election campaign could have weakened Jack Layton's ability to fight the cancer that ultimately claimed his life, depending on how far the NDP leader pushed himself, a cancer specialist says.

"In general, physicians always have concerns about how emotional stress can have a negative impact on any illness," said Dr. Donald Northfelt, a medical oncologist at the world-renowned Mayo Clinic.

Northfelt said there is no strong evidence that prostate cancer — which Layton had earlier battled, followed by an unspecified "second" cancer — is influenced by an immune system not in top form.

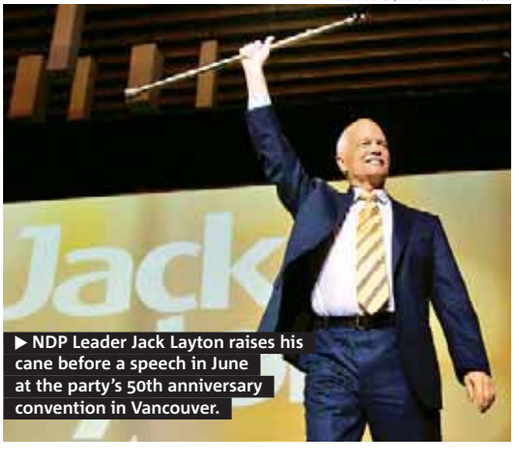
"I think it would be more plausible to suspect that his general level of health may have suffered over the course of all the rigours of the campaign," Northfelt said of Layton.

While it's impossible to know what toll, if any, the election campaign and the day-to-day pressures of being Canada's new Opposition leader took on Layton's health, Northfelt points out that his very public struggle with cancer may have had a bolstering effect.

"My sense from what I read about him was that he was a very beloved person, very highly regarded throughout Canada. I would have to imagine that all that positive regard that he had from colleagues and from people in the public probably supported him to a degree and may have helped him in some way in his illness.

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS FILE



▶ NDP Leader Jack Layton raises his cane before a speech in June at the party's 50th anniversary convention in Vancouver.

1 news

Investment adviser Allan Small on why investors should stick to the stocks they know.

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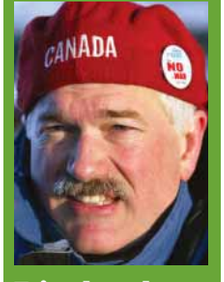

Friends and colleagues remember NDP Leader Jack Layton. Video at metronews.ca. Video at metronews.ca

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Picking up the pieces in Goderich

$5 million pledged for tornado relief by province
Locals had only 12 minutes to flee twister's path

Premier Dalton McGuinty pledged at least $5 million to the wind-ravaged community of Goderich, Ont., which was hit with the province's worst tornado in the past 15 years.

"We want to be there for each other," McGuinty said yesterday outside a volunteer centre at the town's Columbus Hall.

More than 10 dozen people were driven from their homes by the twister, and many locals complained that they had just 12 minutes warning to flee the tornado, which tore over the downtown core from Lake Huron.

McGuinty said efforts will be made to learn from the tornado, but added that it's tough to predict a tornado, especially when it's coming down off a lake.

"Mother Nature being the way she is does not always give us predictability," said McGuinty, who called the devastation the worst he has ever seen.

The community that bills itself as "the prettiest town in Canada" looked like a war zone yesterday afternoon, when toured by McGuinty.

Uprooted trees, collapsed buildings, downed power lines and flipped vehicles littered the downtown core of the town of 8,000 north of London, after winds between 250 and 300 km/h hit on Sunday afternoon.

All of the century-old trees in the town's historic downtown courtyard were uprooted and businesses throughout the downtown core were closed yesterday.

The tornado killed 61-year-old Norman Laberge from Lucknow who was working at the Sifto salt mine, injured 37 others and forced dozens from their homes.

Mayor Deb Shewfelt praised mandatory emergency training for helping things from being even worse.

Power remained shut off throughout the downtown yesterday, as the sound of wood chippers and power saws filled the air, and residents scrambled to remove uprooted trees. **TORSTAR NEWS SERVICE**

Reaction

Locals appeared stunned as they surveyed the downtown yesterday.

- Some marvelled at the spirit of co-operation, and how residents stepped in quickly to direct traffic and warn others of downed power lines.
- Others said the town will never be the same, with the loss of much of the historic downtown.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Some of the damage done to Goderich's main square when a huge tornado — Ontario's worst in the past 15 years — passed through Sunday.

Body ID'd as that of missing Brampton woman

Police have confirmed the identity of the body that was pulled from a pond in Palgrave, Ont., as that of missing Brampton woman Raquel Junio.

Junio hasn't been seen since she was dragged from her home and forced into a pickup truck early Thursday morning.

Police divers recovered the body late Saturday night, hours after a second suspect was charged in the kidnapping of the 42-year-old mother of two.

Gary Murray, 42, of Brampton, has been charged with kidnapping, forcible confinement and assault.

Junio's estranged husband, Macdermid Ermacora, 43, appeared in court Friday on the same charges. Police said Sunday the two men are friends.

Homicide investigators are continuing the investigation and expect to lay further charges in relation to Junio's death, Peel police said. **TORSTAR NEWS SERVICE**

TARA WALTON/TORSTAR NEWS SERVICE

▶ A vigil on Sunday for Raquel Junio outside of Talize Thrift Power, a store where she worked.

30

The body was pulled late Saturday from a pond in Palgrave, Ont., about 30 kilometres north of Brampton, near Bolton.

Schools endorse car-free space

Two universities are asking the city to ditch cars in favour of tables and chairs on stretches of campus streets.

A pilot project that created pedestrian-only zones at Ryerson University and the downtown University of Toronto campuses last year is set to end on Sept. 30. A recommendation to make the closures permanent will be discussed at a community council meeting Sept. 12.

"It would be a real blow to students" to lose the zones, said Julia Hanigsberg, Ryerson's vice-president of administration and finance.

Planters on Gould Street currently block vehicles between O'Keefe Lane and Bond Street at Ryerson. Tables and chairs have been set up on the street under umbrellas. A section of Victoria Street, between Gould Street and Dundas Street East, is also closed to traffic.

More than 40 events were hosted in the no-car zone this year, said Hanigsberg. "We think of it as the heart of our campus," she said. "In a dense, urban area like the area where our campus is located, there aren't many places where you get that feeling of campus life." **TORSTAR NEWS SERVICE**

CONTRIBUTED

▶ Julia Hanigsberg

Charges laid in six Yorkville assaults

A 22-year-old man is facing nine charges in a series of assaults in Toronto's Yorkville area.

Police say a man left a hotel bar on Saturday evening and assaulted at least six people, including a 16-year-old girl.

Investigators say he also approached a man walking his dog and, without provocation, kicked the dog.

Police say the man then damaged a parked car.

Jacob Kerzner of Toronto is charged with six counts of assault, cruelty to animals and two counts of mischief. **THE CANADIAN PRESS**

Shooting hoops helps newcomers find friends and advice

Coming from the basketball-loving Philippine Islands, Ronald Miranda was happy when he saw the neighbourhood basketball court after arriving in Kitchener, Ontario. Little did he know, the game would help him find new friends who would offer sound financial advice.

It all began when the software engineer came to Canada in 2008 to accept a job with a high-tech company. While Ronald was excited to bring his wife and daughter to North America, reality soon set in. "We didn't know anyone here. We had no family and no idea where to get groceries or other necessities," recalls Ronald.

Fortunately, new friends showed them around, including the local basketball court where their families gathered for Friday night games. The growing roster of players included Cris Santos, a Philippine native, and Branch Manager at Scotiabank's Courtland & Shelley branch, in Kitchener, Ontario.

"The game created an extended family for us," says Cris, who adds that basketball helped ease his own transition to Canada when he arrived six years earlier. "Sports can help build a community for newcomers who share all kinds of first-hand advice and experience."

Off the court, Ronald turned to Cris to understand the banking system and when Ronald saw plans for the perfect four-bedroom home, he connected with Cris once again for a mortgage[1] pre-approval.

"I ask newcomers about their goals so that they can start working towards them," says Cris. He suggests that newcomers who plan to settle in Canada should think about buying a home or other longer-term goals. "I tell them about pre-authorized contributions to high-interest savings accounts, to save for a downpayment, or Registered Education Savings Plans (RESP)[2] for their children's future," explains Cris, who mentors at the YMCA Cross Cultural and Immigrant Services Centre.

Cris can appreciate how the right advice when starting out makes for long-term success, since he is providing first-hand advice. While Cris and his wife were veteran bankers in the Philippines, they had to learn the Canadian banking system before landing jobs at Scotiabank (Maria Santos is a Personal Banking Manager at 14 Fischer-Hallman Road North in Waterloo).

"Since we were newcomers, we can empathize with others and are able to guide them and provide trusted solutions suited to their needs," adds Cris. For example, The ***Scotiabank StartRight*** Program[3] for Newcomers includes a free day-to-day bank account for one year[4], a wide range of VISA* card options[5] and a number of other customized services and benefits.

For Ronald, the weekly basketball games enabled his family to build a group of friends who now camp and picnic together, plus a *Scotia*® advisor who helped them obtain their new home earlier this summer.

"It started with a small basketball group and the rest is history," remarks Ronald. "Now, when I meet other newcomers, we invite them to play ball and point them to Cris for good advice."

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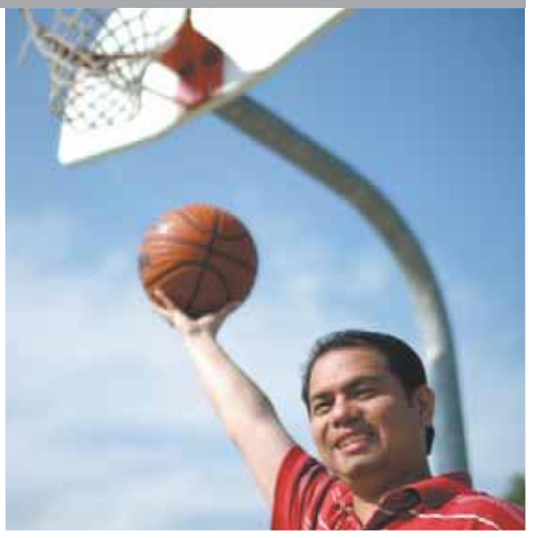

Good advice from Scotiabank helps Philippine native Ronald Miranda enjoy court time with his family.

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*The Contest commences at 12:01 a.m. (ET) on April 1, 2011 and ends at 11:59 p.m. (ET) on March 31, 2012 (the "Contest Period"). No purchase is necessary. To enter this Contest, entrants must register online at startright.scotiabank.com/srcontest. There will be one (1) Grand Prize awarded consisting of a ten thousand dollar (CAD 10,000) cheque payable to the winner and deposited into the winner's *Scotia Powerchequing*® account. The Grand Prize winner will be randomly selected on April 2, 2012. There will be three (3) Secondary Prizes awarded, each consisting of a three thousand dollar (CAD 3,000) cheque payable to each winner and deposited into each winner's *Scotia Powerchequing* account. One (1) Secondary Prize winner will be randomly selected on each of the following dates – August 2, 2011; December 1, 2011; April 2, 2012. Entrants in each draw period that have not been selected as a winner will be entered into the subsequent draw. Chances of winning depend on the total number of eligible entries at each draw date. This Contest is open to residents of Canada that have reached the age of majority in their province or territory of residence by the start of the Contest Period. Employees of The Bank of Nova Scotia, Carlson Marketing, Capital C, Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly answering a skill-testing question is required to be officially declared a winner. For full Contest details, go to **startright.scotiabank.com/srcontest**.

FALLING UNDER LAYTON'S CHARM

PAUL SULLIVAN
METRO

I had lunch with Jack Layton once. I wrote a column about the West and the man from Toronto needed votes in the West, so we found ourselves at my favourite Szechwan restaurant in Vancouver.

The first surprise is that he ordered in Cantonese — learned from his wife, Olivia Chow. It surprised me, but the waiter was dumbfounded after so many years of being yelled at by unilingual patrons intent on ordering the fried green beans Szechwan style.

So I was impressed from the get-go.

Then we started talking about his roots in Hudson, Que., and it turned out we knew a bunch of the same people from Hudson. So after five minutes, he was my BFF.

I'm still not sure how it happened; it sure didn't take him long to get past the Dobermans. I was an easy victim of that legendary Layton charm.

But it wasn't until he started answering questions that I began to understand why more people ended up trusting Jack Layton than the rest of his party, not to mention Michael Ignatieff and the Liberals.

Ignatieff once insulted Jack by calling him a politician, but if all politicians were like Jack Layton, we'd live in a happier nation. Unlike most politicians — unlike Michael Ignatieff — Jack actually enjoyed mixing it up over fried beans and orange-peel chicken.

The interview turned into a kind of argument about energy. I asked him what he would say to oil company CEOs about the oilsands, and while he didn't reject the oilsands out of hand, he came back at me with all kinds of questions about their sustainability and about depending on an inefficient and limited source of energy when there were so many alternatives to be developed. He stuck to his guns even though it would have been better politics to stick to the usual array of meaningless messages.

Talk about energy. Jack could light a city the size of Winnipeg with the passion and enthusiasm he brought to his arguments. But he brought something else — he was comfortable with his own answers. It was as if he actually believed what he was saying.

We stayed and argued long past the hour allotted for lunch. His assistant's BlackBerry buzzed ominously but Jack kept going.

But now he's gone for good. Though not before making several million friends, including one cynical columnist, at lunch.

We'll miss him.

"I know one thing: Jack gave his fight against cancer everything he had. Indeed, Jack never backed down from any fight."
PRIME MINISTER STEPHEN HARPER

- **@fortunafilius** "#jacklayton was a giant of a man & a what an inspiring man he was! Thank you for everything! #loveisbetterthananger"
- **@natniles** "Canadian men should sport the 'Layton' for Movember this year in honor of Jack."
- **@bdgordonatlarge** "Just read the letter by #jacklayton. A truly happy warrior. Men: let your doctor get to know you better."
- **@elizaboothy** "Still reeling over #jacklayton. I can't imagine being this heartbroken over the passing of any other Cnd. political figure."

"We remember the Tommy Douglas quote Jack included in every email he sent: 'Courage my friends, 'tis never too late to build a better world.'"
INTERIM NDP LEADER NYCOLE TURMEL

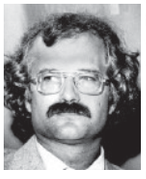
Jack Layton, 1950-2011

Looking back at the life and times of late NDP leader Jack Layton.

July 18, 1950
Born in Montreal and grew up in Hudson, Que. He took his BA at Montreal's McGill University in the late 1960s, when radicalism blew through campuses like a stiff gale. The rebellious vigour of the times led him to political activism.

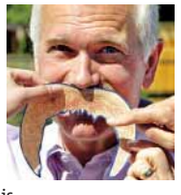
1969
Marries high-school sweetheart Sally Halford. The marriage, which produced two children, ended in 1983.

1982
First elected to Toronto city council. Layton, seen here in 1985, served on Toronto and Metropolitan Toronto councils for 20 years. He was a politician in the mould of a people's tribune, with rolled-up sleeves, 14-hour days and seven-day weeks.



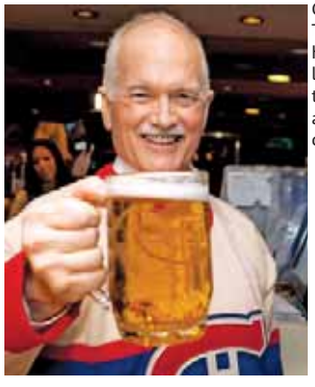
July 9, 1988
Marries Olivia Chow, seen here together in 1991. They would become the go-to couple of the left in Toronto politics. They rode a tandem bicycle along the waterfront, entertained, led rallies, marched in parades, ran for office and won.

2003
Elected leader of the federal NDP, winning on the first ballot. After which, Layton, seen here at a Toronto Father's Day charity event in 2004, criss-crossed the country to raise the party profile. The trademark grin, the brush moustache, the earnest optimism, the characteristic head tilt were the tools of his trade.



Feb. 10, 2010
Tells public he was diagnosed with prostate cancer.

May 2, 2011
Layton, seen here on the campaign trail in Montreal in April, leads the NDP to a record 103 seats and official Opposition status. Two months later, he would take a leave of absence to deal with another type of cancer.



Sept. 10, 2006
Layton, seen on Day 3 of the 2006 NDP convention in Quebec City, receives 92 per cent approval rating.

Aug. 22, 2011
Layton's death from cancer at the age of 61 spurs an outpouring of grief across the country.

1950 1969 1982 1988 2003 2006 2010 2011

TEXT: THE CANADIAN PRESS
PHOTOS: THE CANADIAN PRESS/ TORSTAR NEWS SERVICE

An excerpt of a letter from Jack Layton to Canadians, dated Aug. 20, 2011.

... To young Canadians: All my life I have worked to make things better. ... As my time in political life draws to a close, I want to share with you my belief in your power to change this country and this world. There are great challenges before you, from the overwhelming nature of climate change to the unfairness of an economy that excludes so many from our collective wealth, and the changes necessary to build a more inclusive and generous Canada. I believe in you. Your energy, your vision, your passion for justice are exactly what this country needs today. You need to be at the heart of our economy, our political life, and our plans for the present and the future.

And finally, to all Canadians: Canada is a great country, one of the hopes of the world. We can be a better one — a country of greater equality, justice, and opportunity. ... My colleagues in our party are an impressive, committed team. Give them a careful hearing; consider the alternatives; and consider that we can be a better, fairer, more equal country by working together. Don't let them tell you it can't be done.

My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world.

All my very best,
Jack Layton

READ THE LETTER IN ITS ENTIRETY ONLINE AT METRONEWS.CA

For more coverage, go online to metronews.ca/jacklayton.

▶ **Video:** Layton's appearances on The Rick Mercer Report and an interview with Nardwuar.
▶ **Photos:** Mourners pay tribute to Layton on Parliament Hill.

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Gadhafi on the run, hunt intensifies

Obama says U.S. officials have not been in contact with Gadhafi during the siege on Tripoli

Libyan leader Moammar Gadhafi was nowhere to be found yesterday as his 42-year rule teetered on the brink of collapse.

Months of NATO airstrikes have left his Bab al-Aziziya compound in Tripoli largely demolished. Most of his security forces fled or surrendered when rebel forces rolled into the capital Sunday night and took control of most of the city. Three of his sons are also under arrest.

A mood of joy mixed with trepidation settled over the capital, with the rebels still fighting pockets of resistance from regime loyalists firing mortars and anti-aircraft guns. Rebel spokesman Mohammed Abdel-Rahman, who was in Tripoli, said the "danger is still there" as long as Gadhafi remains on the run.

"The real moment of victory is when Gadhafi is captured," Mustafa Abdel-Jalil, head of the rebel National Transitional Council, told a news conference. He said the rebels have no idea where Gadhafi is and whether he is even in Tripoli. An Obama administration official said the U.S. had no indication that Gadhafi had left Libya.

U.S. President Barack Obama said the situation in Libya reached a tipping point in recent days after a five month NATO-led bombing campaign. However, he acknowledged that the situation remained fluid and that elements of the regime remained a threat.

THE ASSOCIATED PRESS

SERGEY PONOMAREV/THE ASSOCIATED PRESS

▶ Libyan rebel fighters are seen fighting in downtown Tripoli yesterday. World leaders yesterday said the end is near for Moammar Gadhafi's regime and began planning for Libya's future without the man who has held power for 42 years.

Libyan progress gives strength to Syrian protesters

Taking inspiration from the unravelling of the regime in Libya, thousands of Syrians took to the streets yesterday and taunted President Bashar Assad with shouts that his family's 40-year dynasty will be the next dictatorship to crumble.

Assad has tried to crush the five-month-old revolt and refuses to acknowledge the hundreds of thousands of people demanding his ouster, analysts say. Instead, he blames the unrest on Islamic extremists and thugs.

But many observers say Assad should heed the lessons of Libya.

"Gadhafi is gone – now it's your turn, Bashar!" protesters shouted in cities across the country, hours after Assad dismissed calls to step down during an interview on state TV.

Britain's Defence Secretary Liam Fox told BBC radio that Assad would "be thinking again in light of what has happened in Tripoli overnight."

"There is an unavoidable change in the area — and I think the message to those in that region is that if you do not allow change to be a process it can become an event," he said.

The violence has left Syria facing the most serious international isolation in decades.

Human-rights groups say more than 2,000 people — most unarmed protesters — have been killed in the government's crackdown on the uprising.

THE ASSOCIATED PRESS

FABRICE COFFRINI/GETTY IMAGES

▶ U.S. Ambassador Eileen Chamberlain Donahoe, centre, attends a UN Human Rights Council meeting in Geneva yesterday after investigators found evidence of crimes against humanity in Syria, allegedly committed by President Bashar al-Assad's regime.

Political pause

- Military intervention has been all but ruled out after the quagmire in Libya and the lack of a strong opposition leader in Syria to rally behind.
- The U.S. and other nations have little leverage to threaten further isolation or economic punishment of Assad's pro-Iranian regime.

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‘Robonaut’ awakes on space station

NASA tests first humanoid robot in space ◗ Can’t look, move yet

NASA’s humanoid robot has finally awakened in space.

Ground controllers turned Robonaut on yesterday for the first time since it was delivered to the International Space Station in February. The test involved sending power to all of Robonaut’s systems. The robot was not commanded to move; that will happen next week.

“It’s been asleep for about a year, so it kind of has to stretch out a little bit,” Radford told the Associated Press.

On Sept. 1, controllers will command Robonaut to move its fingers, hands and arms. THE ASSOCIATED PRESS

Just call him R2

For now, Robonaut — also called R2 — is designed to stay inside the space station. Future versions might venture out on spacewalks.

Robonaut currently exists from the waist up. It measures three-feet, four-inches tall and weighs 330 pounds. Each arm is two-feet, eight-inches long. A pair of legs are being designed and should be launched in 2013.

Krishna. Festival

▶ A girl dressed as the Hindu deity Krishna poses yesterday at the Janmashtami Hindu Festival at Bhaktivedanta Manor in Watford, England. The festival was to celebrate the birthday of Krishna

DAN KITWOOD/GETTY IMAGES

Celebrating Krishna in U.K.

More than 60,000 pilgrims attended the festival in England, making it the largest Hindu gathering to have taken place outside India. Bhaktivedanta Manor was donated by late Beatle George Harrison in 1973 to the International Society for Krishna Consciousness.

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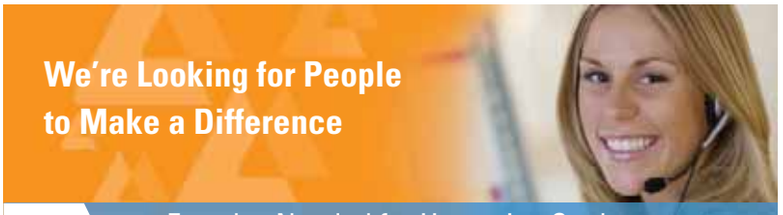

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Website lets hackers boast and earn points

Rankmyhack.com rates the most elegant hacking techniques

Computer hackers who lurk in the shadows as they wreak havoc on systems and networks now have their own place to brag and boast.

That's the premise of the new website, rankmyhack.com, where hackers can report their successes, compare techniques and compete for points, just like a video game.

The website, only about a month old, invites hackers to submit proof of website hacks "in exchange for ranking points that earn you a place on the leader board of legends."

The bigger the site, the bigger the points.

Some of the best-known hackers operate under the Anonymous banner, targeting corporations such the U.S. government, but the irony of this website isn't lost on observers like Queen's University media studies professor Sidneyeve Matrix.

"Hacking and anonymity go together," she said. "At first glance, this is like the polar opposite of anonymous. But they're still using pseudonyms."

The top hacks listed on the site include Huffington Post, Google, Yahoo and Map Quest, along with pseudonyms for the hackers." TOSTAR NEWS SERVICE

METRO

▶ A screen grab from rankmyhack.com

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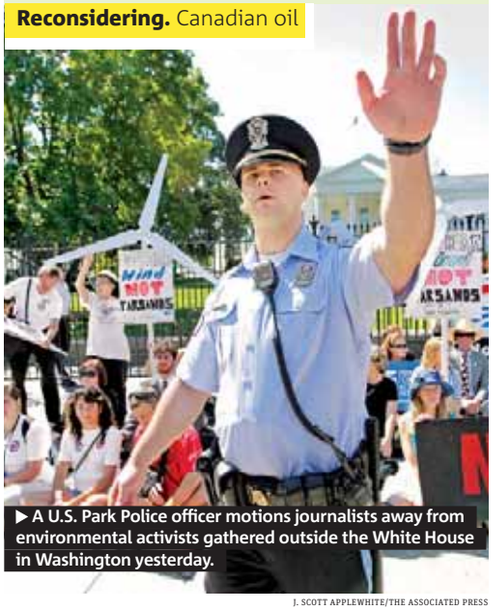

▶ A U.S. Park Police officer motions journalists away from environmental activists gathered outside the White House in Washington yesterday.

J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

Protesting the pipeline

Demonstrators want U.S. President Barack Obama to deny a permit for the 2,736-kilometre Keystone XL pipeline that would take oil extracted from tar sands in Alberta and carry it through a pipeline to refineries in Houston and Port Arthur, Texas.

Roof still rising on home costs

The bad news: Housing prices still on the rise The good news: Lower interest rates may play in your favour

Home ownership in Canada became more expensive for the second straight quarter, but recent global market and economic turmoil could actually help keep a lid on expenses by keeping interest rates low, RBC Economics reported yesterday.

During the second quarter of 2011, the proportion of pre-tax income required to service the costs of owning a home increased for all types of houses measured in RBC's housing affordability index. But that trend may turn around going forward, said Craig Wright, RBC's senior vice-president and chief economist.

"Renewed turmoil in global financial markets has caused heightened uncertainty with respect to the pace of global growth and we need to factor this into our outlook for the Canadian housing market," he said "However, this volatility might have a silver lining. Housing affordability in Canada may not deteriorate as quickly or by as much as we previously expected." THE CANADIAN PRESS

Home affordability

Soaring expenses in Vancouver drove the entire national index higher.

▶ **By contrast** the measure for Toronto, was 51.9 per cent (up 2.0 percentage points)

Market moment

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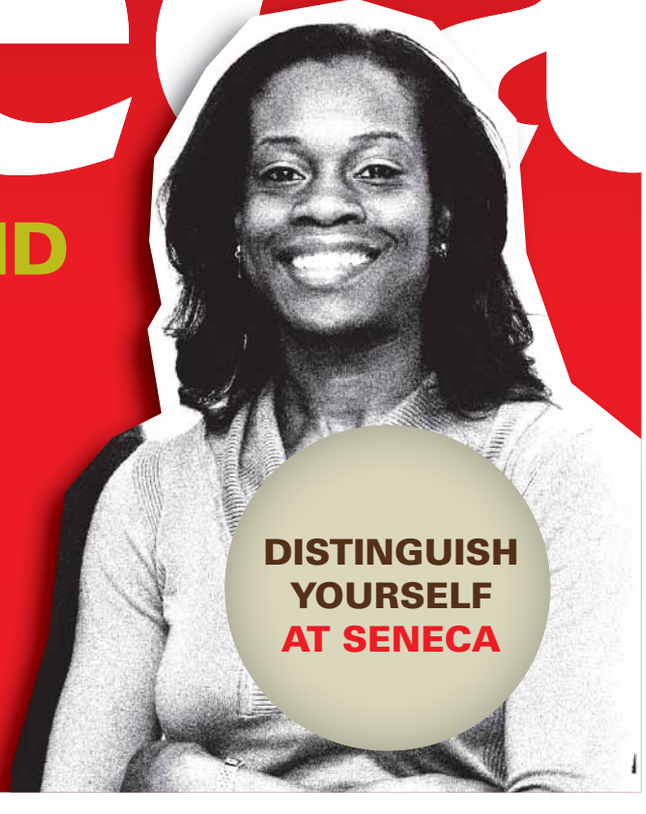

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TAKE ALL NEW ENDEAVOURS IN STRIDE

SHE SAYS ...

JESSICA NAPIER
METRO

I always hated runners. As someone who only ever ran to catch the bus I thought of them as pretentious showoffs, herds of Lycra-clad gazelle sprinting through my neighbourhood and hogging the sidewalk.

Strangely, the more they annoyed me the more I wanted to be a part of it and so, at the beginning of the summer, I decided that maybe I should try. Of course, I couldn't muster up the motivation to get out there by myself.

I decided that if I was going to do this, a Learn to Run training clinic was probably the best place to start.

On the first day the instructor shared the secret to running: You only ever have to run for 10 minutes, and then you walk for one minute.

By maintaining a manageable 10-and-one pace, you allow your body to recuperate and are able to control that little voice inside your head telling you "This is too hard." I discovered that I could run forever if I only have to think about running another 60 seconds.

"By maintaining a manageable 10-and-one pace, you allow your body to recuperate and are able to control that little voice inside your head telling you 'This is too hard.'"

The first few weeks were torturous. My calves, shins, quads and other muscles that had been dormant for years were awoken in an excruciating manner.

Not only was I in constant physical pain, but I also felt self-conscious knowing that I didn't have any of the gear or gadgets to fit in with my new running club. Did I really need a GPS-enabled watch to calculate calorie expenditure and a four-bottle rehydrating fuel belt clipped around my waist?

But as the weeks progressed something unexpected happened — I started to enjoy myself. I felt better, ran faster and for longer, and I realized that if I stretched enough afterwards I could save my muscles from some of the burning pain I was inflicting upon them.

As I ran farther I started exploring new parts of the city. I came across hidden trails and waterfront paths populated with like-minded individuals, a dry-fit army bounding along with matching earbuds.

Sometimes, when I'm not too exhausted to use my facial muscles, I'll give these fellow pavement pounders a smile of recognition. I don't need to hate them any more; I'm one of them now — minus the $300 shoes and pace-monitoring shoelace clip with iPod synchronization.

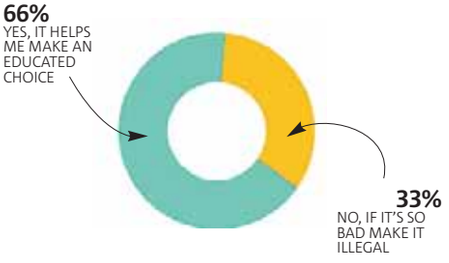
Becoming a runner has made me smug — not because I think that I am better than anyone else, but because I am becoming an improved version of myself. I've been reborn to run.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should government label legal products such as tobacco and alcohol with warnings about adverse health impacts?



Local tweets

#jacklayton #RIPjack

- **@adsnell:** Integrity , honesty , compassion
- **@anitaelizar:** I admired Jack's determination
- **@jterr88:** I'll remember his passion. Agree with him or not, his devotion to Canada was unquestionable.
- **@lovenotmakewar2:** Mr. Layton was a visionary leader but can I just take a moment to say he wore that moustache like it ain't nobody's business
- **@melikait:** His love for Canada. If we can put as much love into this country as he has, we'll be a better country #CDNpride
- **@asecording:** I'll be remembering a strong-willed man, with a passion for politics. The only one that made me want to go out and vote.
- **@arjonny:** Was a true Canadian and inspiration to anyone who knew anything about him. He was so important that his nose was underlined.
- **@brensview:** He was an honest man. He genuinely wanted to help people and make a difference in their lives. His is a sad loss.

Letters

May God bless peace upon Jack Layton's soul for eternal infinite time. Jack Layton fought for a poverty-less society through his whole life — we should carry his spirit and work for his aspiration!

ABDULLAH-BAQUIE GHAZI, TORONTO

Jack Layton demonstrated his political skill in taking advantage of the opportunity provided by the Liberals and Bloc.

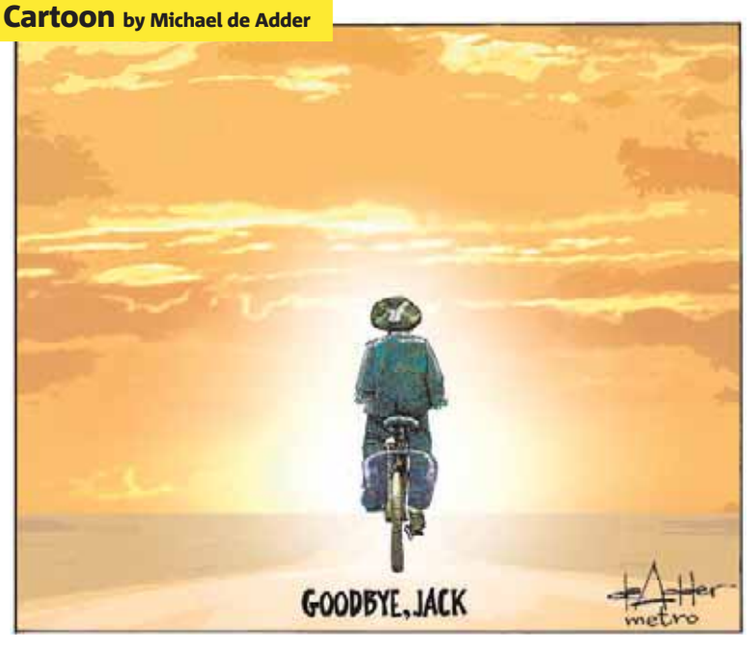
He developed his party into a mass movement and used a combination of his popular support and behind-the-scenes intrigue to propel himself into the official Opposition. Furthermore, he raised the profile of national socialism, showed how a country could behave, and created a virtual certainty that he would be misjudged by opponents. His shoes will not be easily filled.

WILLIAM PERRY, VICTORIA

I campaigned against this man, we didn't see eye to eye on many issues, yet our hearts connected by our will to serve. His spirit will carry on in service of all who stand for social justice.

KEVIN CLARKE, THE PEOPLES POLITICAL PARTY OF ONTARIO

Cartoon by Michael de Adder



WEIRD NEWS

Suspected smugglers keep pot above water

Three suspected Mexican drug smugglers have found out the hard way that unlike their boat, marijuana floats.

Mexican marines say they rescued three suspected smugglers whose boat was sinking on the Pacific Ocean and then arrested them after finding bales of marijuana floating around the vessel.

The navy said in a statement yesterday the men had been stranded off the port of Ensenada for more than a day before they radioed for help on Saturday.

Authorities suspect the men threw the bales into the water before calling for help.

The navy said that when marines reached them, the men were removing water from the sinking boat, which had suffered an engine malfunction.

More than 120 kilograms of marijuana were floating near the vessel. **THE ASSOCIATED PRESS**

metro

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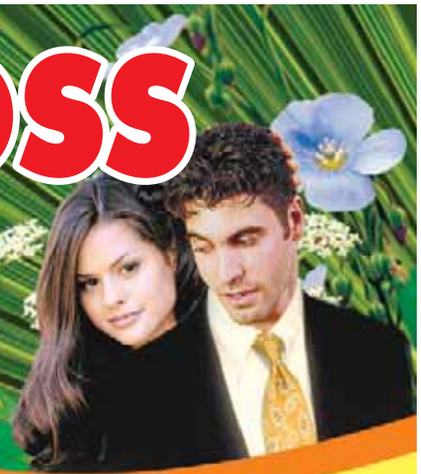
STOP HAIR LOSS



BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology.

If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

www.biofen.com

Available at Health Food and Supplement Stores

The Untouchables

The openings of Conan the Barbarian and Fright Night have remakes on the mind of moviegoers ◗ Here, a look at five classic films that Hollywood should have left alone

Psycho (1998)

Pretty much no one should go near Alfred Hitchcock, ever. But if you're daring enough to try, you should avoid doing a shot-by-shot remake of what is probably the master's best-known film. Still, you've got to admire Gus Van Sant's chutzpah. He shot it in colour — that's different — and added a few slight tweaks. Vince Vaughn plays the iconic Anthony Perkins role of Norman Bates and Anne Heche fills in for Janet Leigh as Marion Crane. But other than that, it's the same characters, same dialogue, same camera angles, even the same Bernard Hermann score from 1960. It's an intriguing exercise but, ultimately, a noble failure.

City of Angels (1998)

Wim Wenders' Wings of Desire (1987) is a modern classic, and it featured one of the greatest performances by the late Peter Falk. Melancholy, thoughtful and visually arresting, it followed unseen angels who watched over Berlin, observing people's actions, listening to their thoughts, quietly shaping their lives. City of Angels, by comparison, was too obvious — it spelled everything out and its emotions were too tidy. Brad Silberling turned this subtle story into a simple romantic comedy starring Nicolas Cage (as an angel) and Meg Ryan (as a heart surgeon), two actors who make absolutely no sense together.

The Women (2008)

George Cukor's 1939 cat fight, based on the play by Clare Boothe Luce, was intended as a satire of society mavens and their frivolous lives. In directing for the first time and writing the script, Murphy Brown creator Diane English made it a celebration. Sure, it had an all-female cast of solid actresses (Meg Ryan, Annette Bening, Cloris Leachman), as did the original, though perhaps not quite the stellar collection that included Norma Shearer, Joan Crawford and Rosalind Russell. Cukor's tone and timing were missing; English applied all the lighthearted instincts of her sitcom background and seemingly none of the insights of the source material.

The Invasion (2007)

There've been many versions of the sci-fi classic Invasion of the Body Snatchers, but this one had the least bite. Nicole Kidman, Daniel Craig and Jeffrey Wright went to waste as a few of the last citizens who managed to remain uninfected when a gloopy substance from outer space took over the population, turning people into emotionless drones. The whole point of this story has always been to serve as a reflection of its times, This time, there were passing TV news references to the war in Iraq and North Korean leader Kim Jong Il, but the film's political ideology felt tossed-in and half-baked. Worst of all, it wasn't the slightest bit scary or suspenseful.

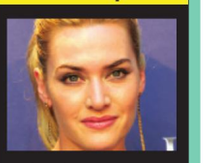
The Karate Kid (2010)

This is admittedly a personal, nostalgic choice. But for anyone who grew up in the '80s, The Karate Kid inspires a deep fondness. Harold Zwart's version maintained the basic structure and even some key details, like the sweep-the-leg moment in the finale. It moved the setting from Los Angeles to Beijing, that's no big deal. The main problem was the casting of Jaden Smith, who was several years younger than Ralph Macchio was and looks even younger. And so neither the fighting nor the romance with a girl who's out of his league — two key components of The Karate Kid — made sense.

THE ASSOCIATED PRESS

2 scene

Winslet escapes fire



Richard Branson says guests including actress Kate Winslet escaped uninjured when fire tore though his luxury Caribbean home in the middle of the night. About 20 people were staying in the house on Necker, Branson's private isle in the British Virgin Islands. Branson said the fire broke out during a lightning storm.

THE ASSOCIATED PRESS

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DVD Releases

Buy it | **Rent it** | **Borrow it** | **Yawn** | **Don't bother**

POM Wonderful Presents: The Greatest Movie Ever Sold

Genre: Documentary
Director: Morgan Spurlock
Stars: Peter Berg, Paul Brennan

No corporations were harmed in the making of Morgan Spurlock's latest documentary provocation, although a few may have been a trifle embarrassed.

Many were plainly delighted, especially POM Wonderful, the juice company that paid $1 million to have its name in the film's title.

For the boss-baiting Spurlock to suddenly polka with pooh-bahs may seem strange. Has the Super Size Me guy lost the will to annoy capitalists?

The answer is maybe, but the good news is that it hardly matters, if you accept the film as entertainment rather than crusading journalism.

Spurlock is simultaneously selling out and pointing out, by putting his integrity on sale for what he believes is the greater good. He wants cultural consumers to know that their eyeballs are for sale.

After convincing us of advertising's ubiquity with an opening montage, he sets out to get some for himself, and with a zeal that would make a street-corner pimp blush. Few could pull off this fan dance as well as Spurlock, who manages to be both the laughing and crying clowns at the same time.

PETER HOWELL

The Beaver

Genre: Drama
Director: Jodie Foster
Stars: Mel Gibson, Jodie Foster, Anton Yelchin

It's impossible to view Mel Gibson's utterly natural performance here without thinking of the beast within this once-beloved actor. The Beaver was made in-between his drunken, sexist and anti-Semitic encounter with highway cops and his violent and appalling telephone threats against his ex-girlfriend.

Yet this doesn't and shouldn't distract us from the film's sober intent. Director Jodie Foster and screenwriter Kyle Killen use blunt symbols to illustrate this darkly comic story of Gibson's Walter Black, a man fighting clinical depression in his own unique way: by letting a rodent hand puppet speak for him.

The Beaver doesn't pretend to be a normal situation. Walter's wife (played by Foster) and family humour him because they're desperate. Gibson's career as a popular actor may well be finished; The Beaver at least reminds us of a time when his art was much bigger than his bite.

PETER HOWELL

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Scott parties down

Comedian hits stride with Our Idiot Brother

NED EHRBAR
SCENE@METRONEWS.CA
MWN IN HOLLYWOOD

Adam Scott isn't taking anything for granted, even though he's now on an Emmy-nominated comedy, Parks and Recreation, and part of a killer ensemble in the new comedy Our Idiot Brother. Scott plays one of the few people enamoured by the titular idiot, Ned (played by Paul Rudd), in a cast that includes Elizabeth Banks, Zooey Deschanel and Steve Coogan. Metro caught up with Scott to talk about couch-surfing, Emmy recognition and the legacy — and future — of Party Down.

Do you know anyone like Ned in real life?

Mm hm. I know someone that's still around — of course he's still around — but I mean he's in his 40s and he has yet to have an apartment or a job, but still somehow exists in the world and just couch-surfs — and has been for about 15 years. And hats off to him. I mean, think about how charming you have to be to be able to do that.

FREDERICK M. BROWN/GETTY IMAGES

▶ Adam Scott

Have you been finding a lot of Party Down fans in the industry since the show ended?

Yeah, it's great. I mean, when we were doing it, no one was watching it. Do you know how many people watched our series finale? Sixteen thousand. But since it got cancelled its popularity has really exploded, thanks to NetFlix, mostly. Starz just never really got the show or wasn't sure what to do with it, plus Chris Albrecht took over and was kind of cleaning house, as people do often when they take over a network.

There's always the Party Down movie — or rumours about the movie at least.

Yeah, it's like 90 percent there. Hopefully if we all get our s— together we can shoot it next summer.

How has it been to get that recognition for "Parks and Recreation" while the it's still on the air?

It's great. I mean, we got nominated for best comedy for an Emmy, and we were all so, so happy. It feels great because when we started the season last year, we weren't on the fall schedule.

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Benicio baby has arrived

Mom, daughter of British singer-songwriter Rod Stewart, welcomes child sans del Toro

Kimberly Stewart gave birth to a baby girl Sunday in Los Angeles, according to Us Weekly.

While the baby's father, Oscar-winner Benicio del Toro, was not present at the hospital, her equally famous grandfather, British rocker Rod Stewart was.

"Benicio is the father and very supportive," del Toro's rep said earlier this year.

"Although [he and Kimberly] are not a couple, they are looking forward to the arrival of the baby." METRO

ALL PHOTOS GETTY IMAGES

Benicio del Toro

Quick Dish

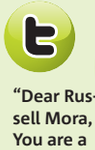
Brad and his brood reeling in the fun in Scotland

GONE FISHIN'. Brad Pitt isn't letting long shooting days on World War Z keep him from enjoying being in Scotland.

The actor reportedly took his sons out for a bit of fishing recently on the grounds of their lavish rented estate, according to Us Weekly.

"Brad looked very proud of the boys, despite the fact that no one managed to catch anything," a source says. METRO

Celebrity tweets


@omarepps

"Dear Russell Mora, You are a travesty to all of the legitimate referees in boxing! You should be banned from the sport! Sincerely, Me"

@SarahKSilverman

"Doing whatever I want, whenever I want, is just 1 of the great things about being single & barren."

@AlecBaldwin

"I shall get a dog. And I shall name it..... Governor Rick Perry."

@1capplegate

"If on a juice cleanse is it ok to have bread dipped in olive oil,since oo is technically juice and bread is..oh crap I ruined my cleanse"

Actor feeling 'humiliated'

While Gerard Depardieu has been making headlines for urinating in the aisle of an airplane last week, the 62-year-old actor is feeling "humiliated," his friend Edouard Baer tells the BBC.

"Gerard was upset at this and offered to clean up the mess," Baer says. "He has prostate problems and it was very worrying and humiliating for him." Baer added that Depardieu was "stone-cold sober." METRO

Gerard Depardieu

Fresh prince of the west coast

Prince Harry is heading to the U.S. The young royal will reportedly spend two months in California and Arizona training on Apache helicopters, according to the BBC. After becoming an Apache pilot, Harry could be sent back to Afghanistan next year. METRO

Sheen, Mueller trying again?

Three months after their divorce was finalized, Charlie Sheen and Brooke Mueller are reportedly "thinking of getting back together," a source tells Us Weekly.

The pair were spotted over the weekend boarding a private jet together and smiling.

"She's totally gung-ho," the source says.

"He just wants his kids to be happy, and if that means they need to be a family, then he is up for it. The kids have suffered a lot, and he feels so guilty lately." METRO

Charlie Sheen

Making time for you

Wellness expert says the best way to recharge is with some alone time ▶ Unwind with you

CELIA MILNE
LIFE@METRONEWS.CA

Is life too busy? Do you feel overwhelmed? Overburdened? A little solitude may be just what the doctor ordered.

"Time alone is essential to our sanity," says Dr. Susan Biali, a Vancouver-based wellness expert, life coach and author of Live a Life You Love: 7 Steps to a Healthier, Happier More Passionate You.

You need solitude to rest, reflect, plan, dream, and breathe, explains Biali.

"If you don't get enough, you'll be cranky, stressed and even depressed."

For many people, especially introverts and creative people, constant stimulation is a form of physical and mental stress, and time alone helps to balance and defuse that stress. It can actually lower your blood pressure and deepen your breathing.

Mothers with young children and people caring for others get the least down time.

"Almost any mother I speak to says she is dying for more time alone but feels selfish or guilty in wanting it." Biali's advice? "Find the right balance for you and don't feel guilty about it. Being your healthiest, happiest and most well-adjusted self if the best gift you can give to others, as ultimately you'll be able to give to them more effectively."

Signs that you need an alone fix: You are irritable, you feel like snapping, you feel like screaming, you fantasize about time alone, you feel weepy, worn out and exhausted.

Check with your doctor to make sure you're not clinically depressed.

Chances are, you just need a break.

Get alone time

So you need more time alone. How do you get it?

- **Declare social bankruptcy** This is when your schedule and commitments are out of control and you feel like you might self-destruct. The next time someone asks for your time, you say, "I'm so sorry, but I've declared social bankruptcy until further notice."
- **Exercise alone.** People who are demanding of your time will accept your desire to exercise for a long and healthy life, even if they don't understand your need to be alone. Try blending the two together. Dr. Biali goes for a walk every single morning by herself, to clear her head and gain energy for the day. Or, escape to the exercise bike in the basement.

TURNER CLASSIC MOVIES

▶ "I never said, 'I want to be alone.' I only said, 'I want to be left alone.' There is a whole world of difference," actress Greta Garbo famously mused.

3 life

Research

Research has already found that Canadians think they're skinnier and taller than they really are, but a new study suggests they're also off the mark when it comes to the height and weight of their kids. The Statistics Canada research suggests rates of childhood obesity in the country are inaccurate as they most often rely on data from parents. The study found that on average, parents underestimated their child's height by 3.3 centimetres and weight by 2.4 pounds.

THE CANADIAN PRESS

Female smokers' bladder cancer risk now equals that of males: study

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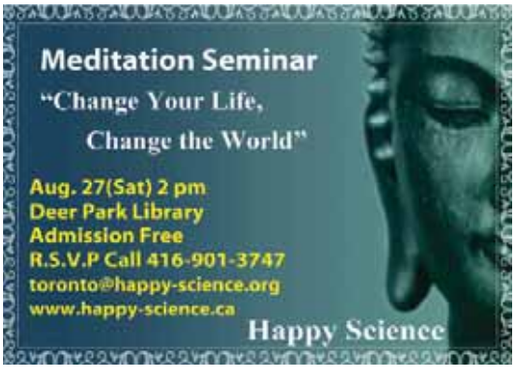

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Hydrate Well.

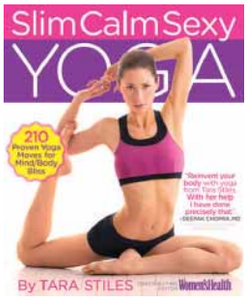
Yoga for the heavy headed

Tara Stiles is more of a gangster yogi than the soy-latte-veggie burger kind of girl If you're feeling horrendously hung over and the thought of getting up and going is making you feel dizzy, it's OK. She gets it

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS

From heavy headed to clear minded

If last night was a heavy one and you've woken up with a set of drums instead of a brain, the last thing you may want to do is get up and work out. According to Yogi Tara Stiles, completing about 10 minutes of a simple yoga sequence is enough to get you feeling a bit better; "just go easy and take it slow," she says.



"These moves are designed to make you feel better and faster as they get the blood flow going and the twisting helps detox the liver. You will alleviate the ailments in the body and stimulate the nervous system," explains Stiles.

"These moves are designed to make you better and faster as they get the blood flow going and the twisting helps detox the liver. You will alleviate the ailments in the body and stimulate the nervous systems." TARA STILES

Wringing out the alcohol

One alcoholic drink (approx five ounces of wine, 12 ounces of beer) is metabolized in about one hour, so the amount still lingering in your system will depend on the quantities consumed. The sequence will help burn off a few extra calories, although low impact, the exercise will stimulate the release of endorphins, your feel-good hormones.

"The main thing is to focus on the breath, not necessarily getting into the finished version of the pose," suggests Stiles.

Miracle recovery?

We're not going to lie. There's no better tip to reduce a hangover than not drinking so much the night before to limit the damage. Working out will make you feel better, not undo the pain. Her yoga sequence will really get your blood flow going and help you get the detox going.

"If you feel like you can, do the sequence for a bit longer and if you want more impact, get some cardio in and go for a run later on in the day," says Stiles.

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APOTEX
ADVANCING GENERICS

You should try the minimum

Even 15 minutes of exercise a day can add years to life, study finds Don't use it as an excuse to slack

FILE PHOTO/THE ASSOCIATED PRESS

▶ New research concludes that even 15 minutes of moderate exercise a day can add years to your life.

Don't despair if you can't fit in the recommended 30 minutes of daily exercise. Growing evidence suggests that even half that much can help.

It's still no excuse to slack off. Regular exercise strengthens muscles, reduces the risk of some diseases and promotes mental well-being. The more exercise, the better.

But not everyone has the time or willpower. So researchers set out to find the minimum amount of physical activity needed to reap health benefits. The findings by a study in Taiwan suggest just 15 minutes of moderate exercise a day can lead to a longer life.

This "may convince many individuals that they are able to incorporate physical activity into their busy lives," Dr. Anil Nigam of the University of Montreal said in an email. Nigam had no role in the research but wrote an editorial accompanying the Taiwan study published online last week in The Lancet. Fitness guidelines recommend that adults get at least a half-hour of moderate exercise most days.

THE ASSOCIATED PRESS

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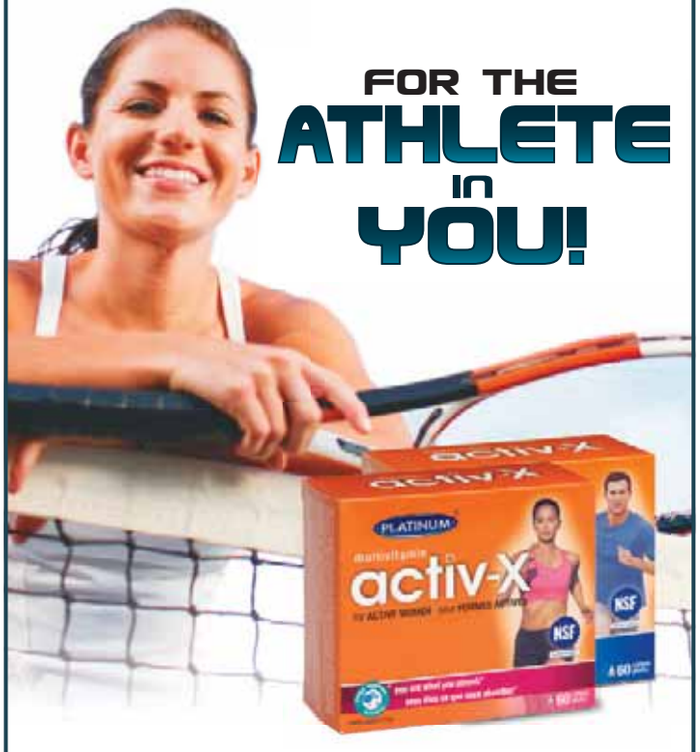

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MATTHEW MEAD/ THE ASSOCIATED PRESS

Doctored Ice Cream

No time to whip up homemade ice cream? You can doctor the purchased variety.

Preparation:

1 Open ice cream and microwave on high power for 30 seconds. It's best to work in 10-second intervals, checking ice cream between each. You are aiming for just soft enough to mix with a spoon, but not melted.

2 Transfer softened ice cream to large bowl and add the ingredients of your choice. Mix well, then transfer to a litre-size container with a tight lid. Freeze until solid, 1 to 2 hours.

THE ASSOCIATED PRESS

Ingredients:

- 500 ml (1 pint or 2 cups) vanilla or chocolate ice cream

Add-In Suggestions

- Dried cherries and broken chocolate-covered pretzels
- Crumbled chewy molasses cookies and apricot jam
- Crushed banana chips, mini marshmallows and mini chocolate chips
- Cubed pound cake and chopped strawberries
- Almond extract and chunks of marzipan

CNE's deep-fried madness

This year, it's all about the Epic Krispy Kreme Burger — all 1,500 calories of it Other shocking treats include deep-fried brownies, cola, s'mores and more

STEPHANIE DICKISON

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

Sticky, sickly sweet, goopy messes.

It's that time of year again for indulging in sweets, treats and completely unhinged snacks at the Ex!

Last year, there was a 45-minute wait for the Deep Fried Butter.

The Canadian National Exhibition
Aug. 19 - Sept. 5
theex.com
Social lunch
Reservations: No
Licensed: Yes
Rating: 5 out of 5

This year, the CNE takes calorie-laden food to a whole new level with the 1,500 calorie Epic Krispy Kreme Burger ($8 or $10 with egg and bacon).

Essentially a bacon-cheeseburger with Krispy Kreme donuts for buns, it's unctuous and unusual, but not entirely unenjoyable.

And if that's not your thing, how about deep-fried brownies, mac and cheese, PBn'J sandwiches, s'mores and perhaps the strangest of all, cola?

You can eat healthy — roasted corn on the cob, salads, sandwiches — but it's not the CNE without a bit of crazy fair food, even if it's just a fresh dipped corn dog or spiral spud!

Visit TheEx.com for more food info and celebrity chef demonstration schedules.

STEPHANIE DICKISON

▶ The 1,500 calorie Epic Krispy Kreme Burger.

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Bermuda $258
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Costa Rica $295
Travel Oct 24 - Oct 31/wg + taxes & fees $309

Airfares

Amsterdam $149
Travel Oct 9 - Oct 17/ts + taxes & fees $446

Paris $224
Travel Sep 19 - Sep 27/ts + taxes & fees $474

Vancouver $249
Travel Aug 30 - Sep 6/wg + taxes & fees $313

Madrid $299
Travel Sep 4 - Sep 18/ts + taxes & fees $425

Rome $369
Travel Sep 20 - Sep 26/ts + taxes & fees $429

Sydney $819
Travel Sep 13 - Sep 27/ac + taxes & fees $688

USA

Las Vegas
Air + 4 Nights
$275
Circus Circus + taxes & fees $307
INCLUDES accom on the Strip. Departs Sep 11/swg/wg. ADD Vegas Passport Ultimate Club Hopping for $130.

New York City Air + 2 Nights 4-Star $539
Sheraton New York + taxes & fees $107
INCLUDES Manhattan accom. Departs Aug 29/ggv/dl.

Miami Air + 4 Nights $599
Deauville Beach Resort + taxes & fees $111
INCLUDES accom in the heart of Miami Beach. Departs Sep 18, 25/ggv/dl. UPGRADE to 4-star Hotel South Beach for $63 per night.

San Francisco Air + 3 Nights $665
Renoir Hotel + taxes & fees $122
INCLUDES accom near public transport, sights and attractions. Departs Sep 18, 25/ggv/dl. UPGRADE to 4-star Hilton San Francisco for $65 per night. ADD wine country tour for $70.

Los Angeles Air + 4 Nights 4-Star $699
Westin Bonaventure Hotel + taxes & fees $119
INCLUDES downtown accom. Departs Sep 15/ggv/dl. ADD Hollywood City Pass for $61.

Vacations

Hong Kong
Air + 7 Nights 4-Star
$999
Metropark Hotel Causeway Bay + taxes & fees $394
INCLUDES Causeway Bay accom on Hong Kong Island. Departs Nov 1/ggv/dl.

Dubai Air + 7 Nights 4-Star $1239
Marina View Hotel Apartments + taxes & fees $436
INCLUDES accom in the Dubai Marina near Palm Jumeirah. Departs Oct 25/ggv/qr.

Philippines Air + 10 Nights $1449
Lotus Garden Hotel, Tambuli Beach Club East + taxes & fees $451
INCLUDES all airfare, 2 nights Manila accom near Manila Bay and 8 nights Cebu resort-style accom on Mactan Island. Departs Nov 2/ggv/ke/5j.

Australia Air + 9 Nights $1679
Pensione Hotel Sydney, Pensione Hotel Melbourne + taxes & fees $711
INCLUDES all airfare, 5 nights central Sydney accom and 4 nights central Melbourne accom. Departs Oct 27/ggv/ac.

Peru
Air + 2 Nights 4-Star + 7-Day Tour $1899
Eco Inn + taxes & fees $425
INCLUDES 7-day Inca Trail tour and 2 nights 4-star Cusco accom. HIGHLIGHTS Cusco, Sacred Valley/ Ollantaytambo and the Inca Trail to Machu Picchu. Roundtrip Cusco. Departs Mar 3/gap/ggv/la.

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Carnival Imagination, Kent Hotel + taxes & fees $190
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Europe

Amsterdam Air + First 2 Nights $479
Hotel Citadel + taxes & fees $446
INCLUDES central accom. Departs Sep 14/ggv/ts. ADD Canal Cruise and Walking Experience for $28.

Rome Air + First 2 Nights $499
San Valentino + taxes & fees $429
INCLUDES central accom. Departs Sep 4/vat/ts. ADD hop-on, hop-off tour for $26.

Dublin Air + 5 Nights $869
Hotel Isaacs + taxes & fees $424
INCLUDES accom in the heart of the city centre near O'Connell Street and Temple Bar. Departs Sep 16/ggv/ts. ADD Old Jameson Distillery and Guinness Storehouse tour for $43.

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ASKCHARLESTHEBUTLER@METRONEWS.CA

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I received a gift certificate from a girlfriend for X-mas. It is for both of us (it was a two-for-one deal) at a spa. After reading the fine print I noticed that "we" are responsible for tax and tip. My question is this: should I have to pay for my half? I didn't expect to have to end up paying for a gift. Fifteen per cent tax and 15 per cent tip (at least) is going to end up being kinda spendy on the $200 gift certificate. Am I wrong to expect her to pay for at least the tax and I can be left to decide what tip I would leave? Karen

ISTOCK

▶ Gift certificates can sometimes be a tricky gift.

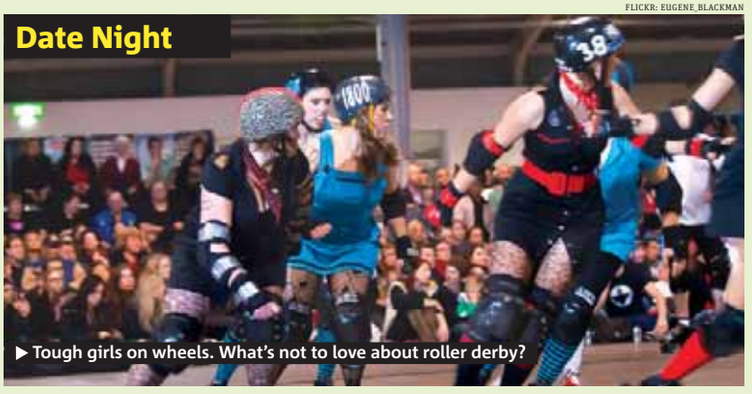
Dear Karen,

I fully agree with you that it would be correct for your friend to pay the taxes on the gift that she has given you. However, I suspect that this is going to end up your expense. I find it strange that the taxes were not collected at the time of purchase, however it is what it is. Putting taxes aside, any gratuity would be your responsibility unless your friend advises you that she has taken care of this.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

FLICKR: EUGENE_BLACKMAN

Date Night



▶ Tough girls on wheels. What's not to love about roller derby?

Ideas for your next date

1 Night at the anti-theatre
Skip boring old playhouses and check out shows staged in an alley, cemetery or shed! Acting troupes across the country are eschewing typical theatres in favour of alternative venues that literally immerse audiences in the action — think mafia play acted out in a dimly lit alley or family drama played out in a backyard shed. Locations vary depending on the troupe.

2 Get your skate on
Lace up for a night of sporty fun. If a gang of sassy, bad-ass girls skating around in bodysuits isn't enough of a reason to take in a roller derby show, how about the bumps and checks that this sporting event guarantees — all the while on wheels! For leagues near you, visit derbyroster.com (featuring worldwide locations!).

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Make daily routines more fun for kids

For most parents, morning and evening routines with kids are part of the daily battle. Whether it's convincing them to brush their teeth after meals, or wash their hands when they get home from school, most children are less than enthused about bathroom hygiene.

"A common complaint from parents is that their children aren't the most willing participants and get easily distracted," says child and family therapist Sara Dimerman.

"Any time parents can come up with creative, fun ways to encourage children to engage in routines, the more success they will have."

Dimerman offers her tips to get kids more excited about daily bathroom routines.

Throw in a cool gadget

Often a neat contraption will attract children. Delta's lavatory faucets with Touch20.xt technology will do just that. The flow of water is activated by simply touching anywhere on the faucet or by entering the faucet's sensing field.

"If there's something magical about the way that water comes out of a tap, or if kids can feel powerful and independent when turning the water on, there's a greater chance that they will willingly wash their hands or brush their teeth," says Dimerman.

Offer an incentive

If the morning or evening routine is completed in a timely fashion, there may be more time to watch television before leaving for school or reading an extra book before turning off the light at night. **NEWS CANADA**

LESSONS IN CHEAP

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Feeling stressed about back-to-school shopping? You're not alone! According to a July 2011 survey conducted by VISA, Canadian households are frazzled by the crowds and are feeling gouged at the till.

The average family plans to spend $400 dollars this year on back-to-school paraphernalia. Of that, almost 50 per cent will be allocated towards clothing.

Save money on back-to-school shopping by slicing your budget in half, starting early and getting creatively frugal. Take an inventory of what you already have; pens, paper, software, backpacks, etc. Don't buy new supplies just because Junior wants them. Shop for necessary supplies throughout the year when stores have sales. Many stores are suffering from low consumer spending and plan to blow out inventory at clearance prices this fall to stimulate sales volumes. Get there early before the quality supplies have been picked over.

Hit up thrift shops, garage sales, neighbourhood clothing exchanges, and websites like eBay or Craigslist. See if you can pick up gently used supplies, computers, furniture, or clothing.

Costco or other wholesalers carry a variety of back-to-school inventory at affordable prices. If your kids have outgrown clothes or no longer need their textbooks, sell them on consignment or exchange with another family.

You don't need to spend hundreds of dollars on back-to-school shopping. School is a place of learning, not a fashion show.

Is the fund love mutual?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

As the last 10 days, and indeed the last 10 years of the stock market have taught us, the financial you-know-what hits the fan on a pretty regular basis.

Recently, many pundits have urged us not to sell our holdings (usually mutual funds) in a panic because good investments will survive the carnage.

This is essentially the buy and hold philosophy, which has been a staple bit of investment advice for decades.

The trouble is it works just fine for mutual fund companies and commission based advisors because they get paid through fees as long as you hang on to your funds. But it doesn't work for most investors.

The reason is that during market meltdowns bad investments are hauled down further than good ones. They also take longer to recover and some never do.

How do you know you've got a stinker of a fund? Easy. Look it up. One of the best sites is morningstar.ca. Type in the name of your fund then click View Quicktake Reports.

Look down the quote page to the performance chart to see how well the fund has done over time compared to its category.

The chart will show a graph with three lines indicating how your fund fares relative to its category and also relative to the broader market.

For example, a broad-based Canadian equity fund would be compared against its category and also against the S&P/TSX Composite Index.

ISTOCK

▶ Alison's money rule: A down market is the perfect time to evaluate the quality of your mutual funds.

You can also ask your advisor to pull up the same information for you on each of the funds you hold.

Note that most mutual funds will not perform as well as the index. Your goal is to have funds that outperform their category.

If any of your funds are sub-par you may want to sell and buy better ones in the same category (check into deferred sales charges first).

You will likely still get sucked down by stock market meltdowns when they happen but a good fund will ride it out much better than its lower quality cousin. **CONTACT ALISON AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM**

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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A FEW RULES YOU MAY HAVE WRONG AT WORK

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

"Criticism may not be agreeable, but it is necessary." –Winston Churchill

The above quote is as true at work as it is in life, except that in workplace law there is always an exception. Here is a sampling of some of the questions readers of this column frequently ask and the answers I often provide.

Performance appraisals

When assessing merit, your appraisals matter. When assessing severance, they are mostly irrelevant. This is because poor performance is seldom cause for dismissal. Similarly, there is no such concept as "near cause", which means there is no correlation between your level of performance and the quantum of severance you will ultimately receive. Therefore, if you are fired and it relates to performance, you should receive the same severance as if it did not.

Letters of reference

Employees believe they are always entitled to a reference. However, there is no rule or law compelling a reference, no matter how long or meritorious your service.

ISTOCK

▶ Your written employment contract may not be wholly binding if it has not met all of the necessary criteria.

Employment contracts

If there is a written contract, it has to meet a number of tests. You must, at least, be given the opportunity to negotiate or those terms that are punitive may not be enforced later on. This rule also applies during the course of employment, except that something of greater value must also be offered, such as a raise or a promotion, in exchange for a contract. Otherwise, the courts have reasoned, an employer could unilaterally impose new terms, and you would be left without the leverage to negotiate or refuse.

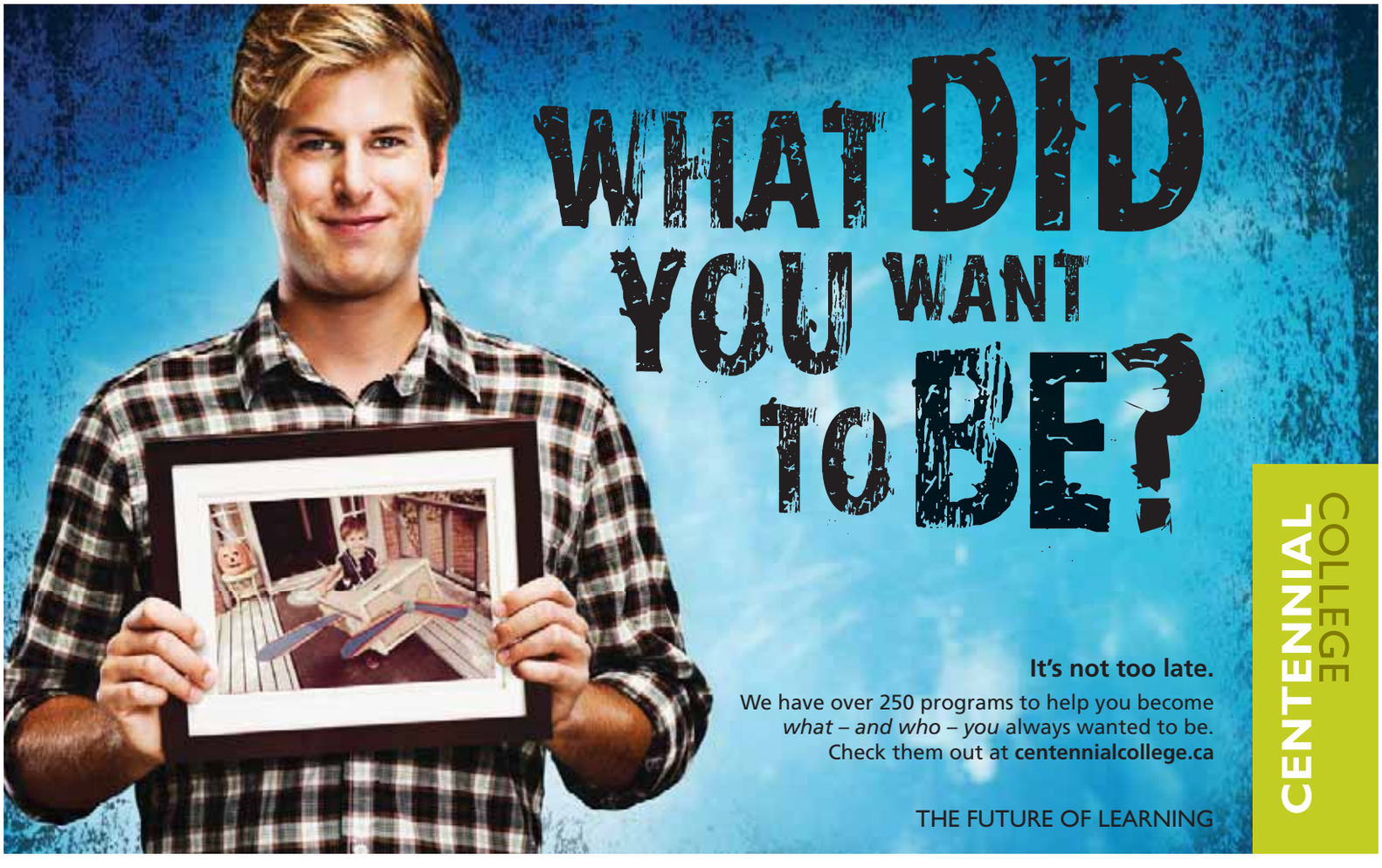
Resignations

If you resign with advance notice and your employer asks you to immediately leave, are you entitled to pay for the remaining period of notice? Yes. Unless you signed a contract that says otherwise, generally you must be paid.

Independent contractor agreements

It usually will not matter that workers have signed agreements confirming they are independent from their employers. When this characterization is challenged, often many years later, courts are apt to find these workers were truly employees. No surprise there. Many times the contract represented little else than a "label". What actually matters is how the parties behaved.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.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Ways that the temp often rises

It may be short-lived, but taking on a temporary position can carry huge benefits for the enthusiastic employee

When you're looking to start your career, it's easy to skip over temporary job listings.

But before you set your filter to only full-time positions, consider the many possible benefits of temping.

"A lot of young people want to get their dream job right away, but it's more of a marathon than a sprint," says Andy Teach, author of From Graduation to Corporation: The Practical Guide to Climbing the Corporate Ladder One Rung at a Time.

"It's something that everyone should consider, especially in this economy."

Here's why you may want to give temping a chance.

It can lead to a long-term position

Plenty of employers treat temp positions as an opportunity to test-drive a potential full-timer. But even if the project has a very limited time frame, you still have the chance to network with managers who may have openings.

"Find a company you really want to work for. If it's a great working environment, it's worth just getting in there," says Teach. "You have to think long-term — you'll be down the hall from the people you want to talk to."

Teach tip

Get LinkedIn!

Log in and fill your profile out immediately, advises Teach: "Employers are looking at it — they're really checking it now. For some, it's like you're invisible if you're not on LinkedIn."

You'll get an honest preview of the job

There's nothing worse than making it through three rounds of interviews only to realize that the management structure is worse than the coffee.

"When you interview for a job, you never really know what's waiting for you," says Teach. "Temping can give you a priceless insight."

There's no commitment

ISTOCK

Face it, a time-sensitive turn in an office may be the best option for you at this time in your life.

If you settle for the wrong full-time gig, you'll have to give notice — and hopefully not navigate a no-compete contract — if a better job comes along.

The same isn't true for temporary positions. "If it doesn't work out, you don't have to worry so much about loyalty," says Teach.

METRO WORLD NEWS

Career Finder

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College: There's an app for that

Need to get in touch with your prof ASAP, or share a funny story from last night's party? Look to your cellphone

Turns out, the best place to shop for back-to-school, could be your app store. From exam prep to finding delivery options at 2 a.m., your cell phone has become one of the most useful tools you can use at college.

"The evolution of the mobile phone and its encompassing apps has changed the game for the world at large.

In modern days, not only is a mobile phone the most personalized possession you own, but it's a digital backpack," says Matthew Armendariz, an NYC-based web and software interface designer.

With his help, we've found some apps for iPhone that will help you both in and out of classroom. Relax, we know you're on a budget-they're free.

"The evolution of the mobile phone and its encompassing apps has changed the game for the world at large"
MATTHEW ARMENDARIZ, SOFTWARE DEVELOPER

Check to see if your school has its own app. For example, NYUMobile features maps, event calendars and campus news.

Have a question but can't remember your professor's email address? This app even offers the student and faculty directory. It's great for any student, especially if you're new on campus.

ISTOCK

▶ Social media is making the return to school simpler and so much more fun.

Connect with your friends through Fast Society. This app lets you share fun experiences with your friends by connecting through conference calls or recorded voice messages.

Or let your study group know where to meet by sending them your location in a mass text to a single number. It's great for test prep, too.

"Use the phone's native camera app to take snapshots any pertinent notes. Take a picture of the chalkboard and you'll now have a long-lasting visual reference of the classroom discussion. This is especially useful if you missed part of a lecture, if you're handwriting is below par, or if you are a visual learner," says Armendariz.

Need a little help choosing classes for your next semester? With Rate my Professors, you can read countless comments about more than 1 million professors at more than 6,000 schools across the country.

Submit your own rating right from the classroom. After all, your professors get to grade you, right?

METRO WORLD NEWS

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4 sports

A year spent in the rough

STEVE DYKES/GETTY IMAGES

▶ Graham DeLaet entered three events in June before his back pain returned.

Back problems have kept Graham DeLaet from following up on his strong PGA debut in 2010

This was supposed to be Graham DeLaet's time to shine.

With an impressive rookie season on the PGA Tour under his belt and a wide open landscape in Canadian golf, the 29-year-old from Weyburn, Sask., seemed poised to step to the forefront of the sport in this country.

Instead, his 2011 season never even got off the ground. DeLaet had back surgery the first week of January and appears likely to finish the year having only played a handful of tournaments.

"When I'm feeling 100 per cent, I'm going to (return)," DeLaet said yesterday in an interview. "I'm not going to do it any sooner than that."

He already got a small taste of what it's like to come back too soon, having entered three events in June before the soreness and stiffness returned.

There remains a possibility he might take part in the PGA Tour's Fall Series — four tournaments held in October following the playoffs — but it is far from certain. That was the best stretch of events DeLaet played as a rookie last season and allowed him to keep his fully exempt status.

It would be tough to let them pass by this year.

"I played well in the Fall Series last year so that part of me wants to get going," said DeLaet. "But at the same time, I had that feeling in June and I went out and played and it was just too early. The competitor inside me wants to go but I think you have step back and look at the big picture before you make any kind of commitments."

"There was a time in December, January and February — when I was in really bad pain and right after my surgery — when you think about the worst things. The worst thoughts cross your mind: 'Will I ever be able to play again?'"
GRAHAM DELAET

There is some reason for optimism. DeLaet's back has progressively started feeling better in recent weeks and he's found himself able to perform more challenging positions in bikram yoga.

DeLaet plans to ask the Tour for a medical exemption that will give him 26 total tournaments in 2012 to earn the equivalent of 125th spot on the money list this year.

The back problems date back to an injury DeLaet suffered while playing hockey as a teenager. The pain became unbearable towards the end of last year, forcing him to have surgery to remove a portion of a herniated disc.

THE CANADIAN PRESS

Quoted

"(The) diagnosis had initially been like a shot to the head. The bone still hurts me. It remains under control, just, but we can never drop our guard."

TENNIS STAR RAFAEL NADAL IN HIS NEW AUTOBIOGRAPHY, RAFA. THE SPANISH PLAYER WRITES THAT DOCTORS DISCOVERED A RARE FOOT INJURY IN 2005 THAT HAD THE POTENTIAL TO SIDELINE HIM FOR GOOD, PROMPTING THOUGHTS OF A FUTURE IN GOLF.

Scan code for more sports news.

Raiders roll dice on Pryor

The Oakland Raiders used a third-round pick yesterday in the NFL's supplemental draft to select former Ohio State quarterback Terrelle Pryor.

The Raiders and the league announced that Oakland used the 18th selection of the round for Pryor.

Pryor will not be eligible to practice with or play for Oakland during the regular season until the team's sixth game. When he was allowed to enter yesterday's draft, he was handed a five-game suspension by commissioner Roger Goodell. Pryor gave up his final season with the Buckeyes after an investigation into the team's memorabilia-for-cash scandal.

THE ASSOCIATED PRESS

BARRY REEGER/THE ASSOCIATED PRESS

▶ Terrelle Pryor

Sports in brief

Cubs put shortstop on bench

BASEBALL. Cubs shortstop Starlin Castro was held out of the starting lineup against Atlanta last night, one night after television cameras caught him not paying attention in the field as a pitch was thrown.

THE ASSOCIATED PRESS

Silver medal for Canada

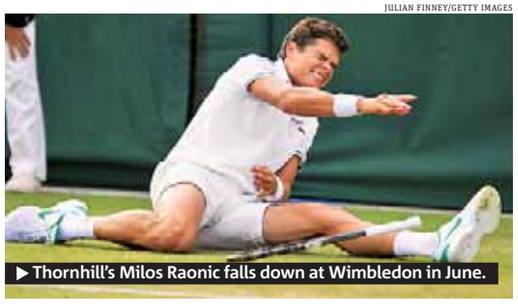
BASKETBALL. The Canadian men's basketball team are heading home with silver from the World Universiade, after losing to Serbia 68-55 in yesterday's final.

THE CANADIAN PRESS

Raonic pulls out of U.S. Open

Canada's highest ever ranked singles player to miss Grand Slam event in New York City due to injury

JULIAN FINNEY/GETTY IMAGES



▶ Thornhill's Milos Raonic falls down at Wimbledon in June.

Canada's rising tennis star Milos Raonic won't be playing in the U.S. Open.

The hard-serving 20-year-old from Thornhill, who's on the mend from hip surgery, announced the news yesterday on Twitter.

"After extensive deliberation with my doctors + team, I have decided to delay my tournament return until after the US Open at DC vs Israel," Raonic posted.

Canada faces Israel in a Davis Cup World Group playoff, Sept. 16-18.

The U.S. Open begins next Monday in New York.

Raonic said in a second tweet: "I am feeling great, and working hard w/ my coach, physio, and fitness coach. I am excited to comeback and will continue to keep u updated."

Raonic, ranked 29th in the world, was rising up the ranks in a year that was highlighted by his first ATP tournament victory at the SAP Open in San Jose.

But he suffered a hip injury in the second round of Wimbledon and underwent surgery on July 5 in Vail, Colo. THE CANADIAN PRESS

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	77	48	.616	—
Boston	77	49	.611	½
Tampa Bay	69	56	.552	8
Toronto	65	62	.512	13
Baltimore	47	77	.379	29½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	68	58	.540	—
Cleveland	62	61	.504	4½
Chicago	63	63	.500	5
Minnesota	55	71	.437	13
Kansas City	52	76	.406	17

WEST DIVISION

	W	L	Pct	GB
Texas	73	55	.570	—
Los Angeles	69	59	.539	4
Oakland	57	70	.449	15½
Seattle	53	72	.424	18½

Last night's results

Seattle at Cleveland

Detroit at Tampa Bay

Boston at Texas

Baltimore at Minnesota

Sunday's results

Detroit 8, Cleveland 7

Tampa Bay 8, Seattle 7

Boston 6, Kansas City 1

N.Y. Yankees 3, Minnesota 0

Chicago White Sox 10, Texas 0

L.A. Angels 7, Baltimore 1

Toronto 1, Oakland 0

Tonight's games

Seattle (Beavan 3-4) at Cleveland (Masterson 10-7), 1:05 p.m., 1st game

Oakland (McCarthy 6-6) at N.Y. Yankees (Colon 8-7), 7:05 p.m.

Seattle (Vasquez 0-0) at Cleveland (McAllister 0-0), 7:05 p.m., 2nd game

Kansas City (Chen 8-5) at Toronto (Morrow 9-7), 7:07 p.m.

Detroit (Penny 8-9) at Tampa Bay (Price 11-10), 7:10 p.m.

Boston (Lackey 11-9) at Texas (C.Lewis 11-8), 8:05 p.m.

Baltimore (Simon 3-6) at Minnesota (Duensing 8-12), 8:10 p.m.

Chicago White Sox (Buehrle 10-6) at L.A. Angels (E.Santana 9-9), 10:05 p.m.

Tomorrow's games

Seattle at Cleveland, 12:05 p.m.

Boston at Texas, 7:05 p.m.

Oakland at N.Y. Yankees, 7:05 p.m.

Kansas City at Toronto, 7:07 p.m.

Detroit at Tampa Bay, 7:10 p.m.

Baltimore at Minnesota, 8:10 p.m.

Chicago White Sox at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	81	44	.648	—
Atlanta	76	52	.594	6½
Washington	61	64	.488	20
New York	60	66	.476	21½
Florida	57	70	.449	25

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	76	52	.594	—
St. Louis	67	60	.528	8½
Cincinnati	62	65	.488	13½
Pittsburgh	59	66	.472	15½
Chicago	56	71	.441	19½
Houston	42	85	.331	33½

WEST DIVISION

	W	L	Pct	GB
Arizona	69	58	.543	—
San Francisco	68	60	.531	1½
Colorado	60	68	.469	9½
San Diego	59	70	.457	11
Los Angeles	57	69	.452	11½

Last night's results

Milwaukee at Pittsburgh, 1st game

Arizona at Washington

N.Y. Mets at Philadelphia

Atlanta at Chicago Cubs

L.A. Dodgers at St. Louis

Milwaukee at Pittsburgh, 2nd game

Houston at Colorado

Sunday's results

Milwaukee 6, N.Y. Mets 2

Atlanta 1, Arizona 0

Cincinnati 5, Pittsburgh 4

Washington 5, Philadelphia 4, 10 innings

San Francisco 6, Houston 4, 11 innings

Colorado 5, L.A. Dodgers 3

San Diego 4, Florida 3

St. Louis 6, Chicago Cubs 2

Tonight's games

Arizona (I.Kennedy 15-4) at Washington (Zimmermann 8-10), 7:05 p.m.

Milwaukee (Estrada 3-8) at Pittsburgh (Ohlendorf 0-0), 7:05 p.m.

N.Y. Mets (Niese 11-10) at Philadelphia (Worley 8-1), 7:05 p.m.

Cincinnati (Cueto 9-5) at Florida (Nolasco 9-9), 7:10 p.m.

Atlanta (Minor 3-2) at Chicago Cubs (C.Coleman 2-5), 8:05 p.m.

L.A. Dodgers (Kershaw 15-5) at St. Louis (Lohse 11-7), 8:15 p.m.

Houston (Norris 6-8) at Colorado (White 0-0), 8:40 p.m.

San Diego (Latos 6-12) at San Francisco (Cain 10-9), 10:15 p.m.

Tomorrow's games

Milwaukee at Pittsburgh, 12:35 p.m.

N.Y. Mets at Philadelphia, 1:05 p.m.

L.A. Dodgers at St. Louis, 2:15 p.m.

Houston at Colorado, 3:10 p.m.

Arizona at Washington, 7:05 p.m.

Cincinnati at Florida, 7:10 p.m.

Atlanta at Chicago Cubs, 8:05 p.m.

San Diego at San Francisco, 10:15 p.m.

SUNDAY

BLUE JAYS 1, ATHLETICS 0

Toronto	ab	r	h	bi	Oakland	ab	r	h	bi
A.Hill 2b	4	0	1	0	JWeeks 2b	4	0	1	0
EThms lf	4	0	0	0	Crisp cf	4	0	0	0
Bautist rf	3	1	2	1	Matsui dh	4	0	0	0
Encrnc 1b	4	0	0	0	Wlngh lf	3	0	0	0
Rasms cf	3	0	0	0	Allen 1b	2	0	0	0
Lawrie 3b	3	0	0	0	CJcksn rf	3	0	0	0
Teahen dh	3	0	0	0	Pnngtn ss	2	0	0	0
Arencii c	3	0	1	0	KSuzuk c	3	0	0	0
JMcDnl ss	3	0	0	0	SSizmr 3b	1	0	0	0
Sweeny ph	1	0	0	0					
Sogard 3b	0	0	0	0					
Totals	**30**	**1**	**4**	**1**	**Totals**		**27**	**0**	**1**	**0**
Toronto						**000**	**000**	**100**	**1**
Oakland						**000**	**000**	**000**	**0**

DP—Toronto 1. LOB—Toronto 3, Oakland 3. 2B—Arencibia (14). 3B—Bautista (2). HR—Bautista (36). CS—A.Hill (3).

	IP	H	R	ER	BB	SO
Toronto						
L.Perez W,3-2	6	1	0	0	2	4
Janssen S,2-3	3	0	0	0	1	5
Oakland						
Moscoso L,6-7	8	3	1	1	1	7
De Los Santos	1	1	0	0	0	0

Umpires—Home, Todd Tichenor; First, Mike Estabrook; Second, Greg Gibson; Third, Gerry Davis.

T—2:30. A—16,811 (35,067).

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Lawrie	55	8	18	3	10	.327
Bautista	396	91	126	36	80	.318
Molina	129	17	39	2	11	.302
Escobar	450	68	129	10	41	.287
Encarnacion	369	55	103	12	39	.279
Thames	228	36	61	8	27	.268
Lind	396	49	104	22	72	.263
McDonald	168	19	42	2	20	.250
Davis	320	44	76	1	29	.238
Hill	396	38	89	6	45	.225
Rasmus	85	11	19	3	12	.224
McCoy	81	11	18	1	5	.222
Arencibia	347	38	74	19	57	.213
Teahen	133	12	25	4	12	.188

PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Janssen	4	0	2	41.0	42	2.20
Romero	12	9	0	175.0	147	2.73
Perez	3	2	0	49.2	41	3.26
Francisco	1	4	10	37.2	40	4.06
Litsch	4	3	1	59.2	51	4.22
Cecil	4	6	0	91.1	64	4.24
Villanueva	6	3	0	97.2	63	4.24
Alvarez	0	1	0	16.2	10	4.32
Morrow	9	7	0	132.2	154	4.41
Rauch	5	4	11	50.1	35	4.47
Camp	1	2	1	53.1	26	4.56
Ledezma	0	0	0	3.0	5	9.00
Lewis	0	0	0	0.1	0	27.00

LACROSSE

MINTO CUP

CANADIAN JUNIOR CHAMPIONSHIP

At Okotoks, Alta.

Sunday's results

Coquitlam 14 Whitby 8

Okotoks 9 Edmonton 6

Tonight's games

Whitby vs. Edmonton, 7 p.m.

Okotoks vs. Coquitlam, 10 p.m.

SOCCER

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EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	25	11	7	7	29	24	40
Kansas City	25	9	7	9	36	31	36
Houston	26	8	7	11	34	32	35
Philadelphia	24	8	6	10	30	24	34
New York	26	6	6	14	41	37	32
D.C. United	24	7	7	10	34	35	31
Chicago	25	3	7	15	28	33	24
New England	26	4	11	11	26	39	23
Toronto	27	4	12	11	25	48	23

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	26	14	3	9	37	20	51
Seattle	26	12	5	9	36	27	45
Dallas	26	12	7	7	33	27	43
Colorado	27	10	6	11	39	34	41
Real Salt Lake	23	10	7	6	32	20	36
Chivas USA	25	7	8	10	32	28	31
Portland	25	8	12	5	32	41	29
San Jose	25	5	10	10	26	34	25
Vancouver	25	3	13	9	26	42	18

Note: Three points for a win, one for a tie.

Sunday Results

Chicago 2 Toronto 0

Kansas City 1 D.C. United 0

Saturday Results

Portland 2 Vancouver 1

Chivas USA 2 Colorado 2

Columbus 2 Philadelphia 1

Houston 3 Real Salt Lake 2

Los Angeles 2 San Jose 0

New England 2 New York 2

Seattle 1 Dallas 0

Tomorrow's game

Chivas USA at Portland, 11 p.m.

Saturday, Aug. 27

Columbus at Seattle, 4 p.m.

San Jose at Toronto, 7 p.m.

Houston at Vancouver, 7 p.m.

Portland at D.C. United, 7:30 p.m.

Colorado at Chicago, 8:30 p.m.

Dallas at Kansas City, 8:30 p.m.

Real Salt Lake at Chivas USA, 10:30 p.m.

Sunday, Aug. 28

Los Angeles at New York, 7 p.m.

New England at Philadelphia, 7 p.m.

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Man City	2	2	0	0	7	2	6
Man United	2	2	0	0	5	1	6
Wolverhampton	2	2	0	0	4	1	6
Aston Villa	2	1	1	0	3	1	4
Liverpool	2	1	1	0	3	1	4
Chelsea	2	1	1	0	2	1	4
Newcastle	2	1	1	0	1	0	4
Bolton	2	1	0	1	6	3	3
QPR	2	1	0	1	1	4	3
Norwich	2	0	2	0	2	2	2
Stoke	2	0	2	0	1	1	2
Wigan	2	0	2	0	1	1	2
Sunderland	2	0	1	1	1	2	1
Arsenal	2	0	1	1	0	2	1
Fulham	2	0	1	1	0	2	1
Swansea	2	0	1	1	0	4	1
Everton	1	0	0	1	0	1	0
Tottenham	1	0	0	1	0	3	0
West Brom	2	0	0	2	2	4	0
Blackburn	2	0	0	2	2	5	0

Yesterday's result

Tottenham 0 Manchester United 3

Sunday Results

Norwich 1 Stoke 1

Wolverhampton 2 Fulham 0

Bolton 2 Manchester City 3

Saturday Results

Sunderland 0 Newcastle United 1

Arsenal 0 Liverpool 2

Aston Villa 3 Blackburn 1

Everton 0 Queens Park Rangers 1

Swansea City 0 Wigan 0

Chelsea 2 West Bromwich Albion 1

TENNIS

ATP WORLD TOUR WINSTON-SALEM OPEN

At WINSTON-SALEM, N.C.

Singles

First Round

Kei Nishikori, Japan, def. Gilles Muller, Luxembourg, 1-6, 6-4, 7-6 (5).

Carlos Berlocq, Argentina, def. Andreas Haider-Maurer, Austria, 7-5, 4-1, retired.

Steve Darcis, Belgium, def. Frederico Gil, Portugal, 3-6, 6-3, 6-4.

Dudi Sela, Israel, def. Filippo Volandri, Italy, 6-3, 6-2.

Julien Benneteau, France, def. Ricardo Mello, Brazil, 6-1, 6-3.

Michael Russell, U.S., def. Adrain Mannarino, France, 6-4, 6-7 (3), 6-2.

Denis Istomin, Uzbekistan, def. Matthias Bachinger, Germany, 7-6 (1), 6-1.

Second Round

Marcos Baghdatis (8), Cyprus, def. Ryan Sweeting, U.S., 7-5, 6-1.

Igor Andreev, Russia, def. Jurgen Melzer (2), Austria, 7-5, 6-3.

WTA NEW HAVEN OPEN

At NEW HAVEN, Conn.

Singles

First Round

Marion Bartoli (4), France, def. Anastasia Rodionova, Australia, 6-1, 6-4.

Carla Suarez Navarro, Spain, def. Iveta Benesova, Czech Republic, 6-3, 6-2.

Petra Cetkovska, Czech Republic, def. Ayumi Morita, Japan, 6-2, 6-2.

Anabel Medina Garrigues, Spain, def. Ksenia Pervak, Russia, 6-2, 7-6 (4).

Roberta Vinci, Italy, def. Lucie Hradecka, Czech Republic, 3-6, 6-3, 6-3.

Anastasia Pavlyuchenkova (8), Russia, def. Vera Dushevina, Russia, 3-6, 6-4, 6-3.

Agnieszka Radwanska (5), Poland, def. Ekaterina Makarova, Russia, 6-1, 6-2.

Polona Hercog, Slovenia, def. Nadia Petrova, Russia, 7-5, 7-5.

Doubles

First Round

Hsieh Su-wei, Taiwan, and Monica Niculescu, Romania, def. Brittany Augustine and Whitney Jones, U.S., 6-2, 7-6 (3).

Iveta Benesova, Czech Republic, and Alexandra Dulgheru, Romania, def. Asia Muhammed and Alison Riske, U.S., 6-3, 6-3.

BASEBALL

LITTLE LEAGUE WORLD SERIES

At South Williamsport, Pa.

Yesterday's results

Langley, B.C. 5 Kaohsiung, Taiwan 3

Warner Robins, Ga. 8 LaGrange, Ky. 5 (9 innings)

Hamamatsu City, Japan 13 Dhahran, Saudi Arabia 4

Game 18

Lafayette, La. vs. Clinton County, Pa.

Consolation

Oranjestad, Aruba 5 Rapid City, S.D. 0

GOLF

WORLD RANKINGS

THROUGH AUG. 21

1. Luke Donald	Eng	10.17
2. Lee Westwood	Eng	8.30
3. Steve Stricker	USA	6.93
4. Martin Kaymer	Ger	6.86
5. Rory McIlroy	NIr	6.81
6. Phil Mickelson	USA	5.86
7. Adam Scott	Aus	5.86
8. Jason Day	Aus	5.56
9. Dustin Johnson	USA	5.47
10. Nick Watney	USA	5.33
11. Charl Schwartzel	SAf	5.21
12. Matt Kuchar	USA	5.16
13. Graeme McDowell	NIr	4.85
14. K.J. Choi	Kor	4.75
15. Bubba Watson	USA	4.69
16. David Toms	USA	4.17
17. Ian Poulter	Eng	4.11
18. Paul Casey	Eng	4.09
19. Robert Karlsson	Swe	3.99
20. Kim Kyung-Tae	Kor	3.83

CFL

WEEK NINE

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	7	6	1	0	182	130	12
Montreal	7	5	2	0	222	156	10
Hamilton	7	4	3	0	189	176	8
Toronto	8	2	6	0	184	233	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	7	5	2	0	194	172	10
Edmonton	8	5	3	0	174	190	10
B.C.	8	2	6	0	203	203	4
Saskatchewan	8	1	7	0	165	253	2

WEEK NINE

Byes: B.C., Edmonton, Saskatchewan, Toronto

Friday's game

Hamilton at Winnipeg, 8 p.m.

Saturday's game

Montreal at Calgary, 4 p.m.

NFL

PRE-SEASON

Last night's result

Chicago at N.Y. Giants

WEEK THREE

Thursday's games

Carolina at Cincinnati, 7 p.m.

Cleveland at Philadelphia, 7:30 p.m.

Washington at Baltimore, 8 p.m.

Friday's games

St. Louis at Kansas City, 8 p.m.

Green Bay at Indianapolis, 8 p.m.

Saturday's games

Jacksonville at Buffalo, 7 p.m.

N.Y. Jets at N.Y. Giants, 7 p.m.

Miami at Tampa Bay, 7:30 p.m.

Atlanta at Pittsburgh, 7:30 p.m.

Houston at San Francisco, 8 p.m.

Dallas at Minnesota, 8 p.m.

Chicago at Tennessee, 8 p.m.

New England at Detroit, 8 p.m.

Seattle at Denver, 9 p.m.

San Diego at Arizona, 10 p.m.

Sunday, Aug. 28

New Orleans at Oakland, 8 p.m.

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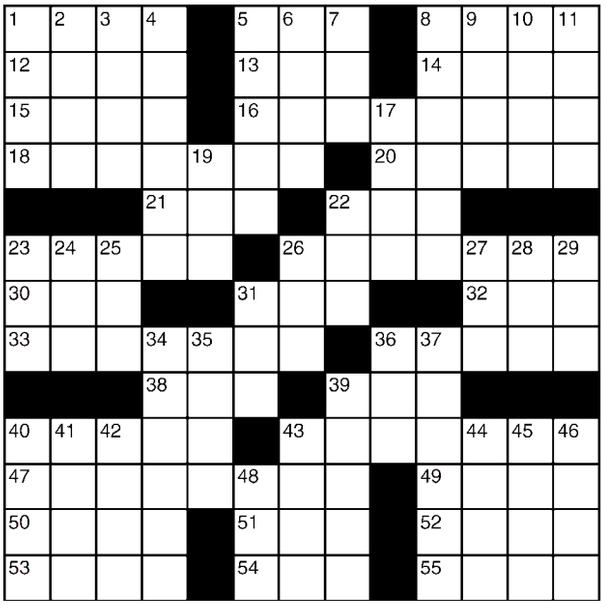

Across

1 Difficult
5 Burst
8 Crooned
12 Old map abbr.
13 Exist
14 Akron's state
15 Wash
16 Wearables
18 Wearables
20 Deep canyon
21 Kids' pie filling?
22 Letter between ex and zee
23 Rush
26 Wearable
30 Wapiti
31 Arctic diving bird
32 Vast expanse
33 Wearables
36 Occurrence
38 Sailors' org.
39 Sheepish remark
40 "Ivanhoe" author
43 Wearable
47 Wearables
49 Entreaty
50 Anise-flavored Greek liqueur
51 Playground game
52 Black, in poetry
53 Adolescent
54 Pigpen
55 Unpleasantly moist

Down

1 Storytelling dance
2 Without delay, on a memo
3 Invitation initialism
4 Saw things in the night?
5 Manhandled
6 Exam format
7 Apiece
8 Fruity dessert
9 Captain's call
10 See 23-Down
11 Leaves
17 Week components
19 Wish otherwise
22 Stir-fry pan
23 With 10-Down, important woman
24 — carte
25 Enjoy Aspen
26 Slice
27 Work with
28 Fellows
29 Dine
31 Raggedy one?
34 Sheep meat
35 Bk. before Job
36 Listener
37 Improvised
39 Loose, as pants
40 Edinburgh resident
41 Hint
42 Leak slowly
43 Summertime pest
44 Exile isle
45 Night light
46 Propane holder
48 "— Impossible"

▶ Yesterday's answer

I	T	C	H		S	A	G		R	O	M	A		
S	H	O	O		A	D	A		E	D	A	M		
N	O	N	O		M	O	N	O	P	O	L	Y		
T	U	N	D	R	A		G	N	O	M	E	S		
			O	U	R	S		A	T	E				
M	O	N	O	L	I	T	H		S	T	I	R		
P	R	O		E	U	R	O	S		E	R	A		
G	E	N	T		M	O	N	O	G	R	A	M		
		S	O	W		P	O	L	O					
I	C	E	B	A	G		R	O	L	L	O	N		
M	O	N	O	X	I	D	E		D	I	D	O		
A	L	S	O		R	U	E		E	R	O	S		
M	E	E	T		L	O	S		N	A	R	Y		

Sudoku

	3			9		6		
				4			8	7
				5	7	1		3
1	2				3		4	
				2				
	6		7				5	2
6		9	5	3				
8	5			7				
		3		1			6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	2	6	1	3	5	7	8	4
4	1	5	6	7	8	2	3	9
8	7	3	4	9	2	1	6	5
5	8	1	3	4	7	6	9	2
2	3	4	8	6	9	5	1	7
7	6	9	2	5	1	3	4	8
3	5	2	9	1	4	8	7	6
1	9	7	5	8	6	4	2	3
6	4	8	7	2	3	9	5	1

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M.T.C - Hey my love, reminding U that your my everything, my world nd my heart!! I can't wait for my knight nd shining armor to arrive at my front door, so we can continue our journey together....:> Luv u with all my heart nd soul baby...nd if your a good boy you will be rewarded greatly when u come home!!!!
T.I.N.A.

Jiffy - I love you so much sweetheart, you mean everything to me, I wouldn't be myself without you :) I wanna thank you for loving me back just as much as I love you. Remember your my jelly to my peanut butter and jelly sandwich :) I love you baby!
SMUCKERS

MAN - Forget not about me. Please always remember. Even though you have a girlfriend, I will be your best friend, until our happily ever after. **WOMAN**

Today
27°/19°
Partly cloudy
Wednesday
27°/19°
Variable
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If certain people disapprove of what you are doing that's a sure sign you are doing the right thing.

♉ Taurus April 21-May 21 No matter how reserved you may be most of the time you will go right the other way over the next 24 hours, and with good reason.

♊ Gemini May 22-June 21 Move with the times, even if it means making sacrifices that might not come easy.

♋ Cancer June 22-July 22 You have grown tired of doing the same old things in the same old ways, so by all means shake things up a bit.

♌ Leo July 23-Aug.23 Do something random and irregular today, something that reminds friends and work colleagues alike that they should never take you for granted.

♍ Virgo Aug. 24- Sept. 22 Do you know what it is you are aiming for? All you have to do now is go on and get it.

♎ Libra Sept. 23-Oct. 23 Life always balances itself out in the end – so why worry?

♏ Scorpio Oct. 24-Nov. 22 Change is not something to be feared but welcomed.

♐ Sagittarius Nov. 23-Dec. 21 Anyone who expects you to give up on something just because they have placed obstacles in your path doesn't know you too well.

♑ Capricorn Dec. 22-Jan. 20 Certain people need to be reminded just how special you are.

♒ Aquarius Jan. 21-Feb. 18 A new money-making opportunity will help wipe out your debts.

♓ Pisces Feb. 19-March 20. Always ask for help, and you'll always get it. SALLY BROMPTON

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